



COLISE CARDIN

CAMPS DE MISE-EN-FORME AHMBR

AOUT 2010

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
15	16	17	18	19	20	21
						10:00-11:20 AT-NOV
						11:30-12:50 PW #1
						13:00-14:20 PW #2
	17:30-18:20 AT-NOV	17:30-18:20 AT-NOV	18:00-18:50 GDB AP	17:30-18:50 AT-NOV	17:30-18:20 GDB AP	14:30-15:50 BA #1
	18:30-19:20 PW #1	18:30-19:20 PW #2	19:00-19:50 PW #1	19:00-19:50 PW #2	18:30-19:20 GDB BM	16:00-17:20 BA #2
	19:30-20:20 BA #1	19:30-20:20 BA #2	20:00-20:50 BA #1	20:00-20:50 MID #1	19:30-20:50 MID #2	17:30-18:50 MID #1
	20:30-21:20 MID #1	20:30-21:20 MID #2	21:00-21:50 BA #2	21:00-21:50 MID #2		19:00-20:20 MID #2
22	23	24	25	26	27	28
	17:30-18:50 PW #2	17:30-18:50 PW #1	17:30-18:50 AT-NOV	17:30-18:50 AT-NOV	17:30-18:50 PW #2	
11:00-12:20 PW #1	19:00-20:20 BA #1	19:00-20:20 PW #2	19:00-20:20 BA #2	19:00-20:20 BA #2	HORS-CONCOURS	
12:30-13:50 BA #1	20:30-21:50 MID #1	20:30-21:20 GDB BM	20:30-21:50 MID #1	20:30-21:50 MID #2	19H30	Rebelles
14:00-15:20 BA #2						10:00-11:20 AT-NOV
15:30-17:00 MID #1						11:30-12:50 PW #1
17:00-18:20 MID #2						13:00-14:20 PW #2
						14:30-15:50 BA #1
						16:00-17:20 BA #2
						17:30-18:50 MID #1
						19:00-20:20 MID #2
29	30	31	1	2	3	4
COLISEE		COLISEE CAMPS	COLISEE	COLISEE CAMPS	COLISEE CAMPS	COLISEE CAMPS
		18:25-19:15 PW CC PR		17:00-17:50 AT CC PR	17:30-18:20 AT CC PR	
13:00-14:20 PW #1		19:15-20:50 MID CC PR		18:00-18:50 PW CC PR	19:00-19:50 PW CC PR	
14:30-15:50 BA #1				19:00-20:05 BT CC PR	20:00-21:20 BT CC PR	
					21:30-22:50 MID CC PR	
5	6	7	8	9	10	11
COLISEE CAMPS	Fête du Travail	COLISEE CAMPS		COLISEE CAMPS	CAMPS	CAMPS
		18:25-19:15 PW CC PR		17:00-17:50 AT CC PR	A STE-JULIE	A BOUCHERVILLE
		19:15-20:50 MID CC PR		18:00-18:50 BT CC PR	VS GRIZZLY	VS SEIGNEURS
				19:00-20:05 MID CC PR	19:00-20:20 PW CC	17:00-18:20 PW CC
					20:30-21:50 BT CC	18:30-19:50 BT CC
					22:00-23:20 MD CC	20:00-21:20 MD CC
12	13	14	15	16	17	18
COLISEE VS GRIZZLY		COLISEE VS BOUCHERVILLE Vvs SEIGNEURS	CONTRECOEUR VS BOUCHERVILLE vs SEIGNEURS			
17:00-18:20 PW CC		19:30-20:50 MID CC	18:00-19:20 PW CC			
18:30-19:50 BT CC			19:30-20:50 BT CC			
20:00-21:20 MD CC						

PRAT DE 50 MINUTES (2 PAR GROUPE)

TOTAL HEURES

PRAT DE 1H20 (5 PAR GROUPE) TOTAL DE GLACE 9.5 HRES/PAR GROUP

CAMPS D'ENTRAINEMENT BB

PREUVE:		GB AP	2	PW #2	7	BA #2	7
	AT-NOV	7	PW #1	7	BA #1	7	MID #1
			GB BM	2			MID #2

PR=PRATIQU

Created with



download the free trial online at nitropdf.com/professional