



Hornet Hockey Club

Off-Ice Conditioning Schedule



Off-Ice conditioning will be held from **7 P.M.** to **8 P.M.**
On **Mondays, Wednesdays, and Fridays**
From **August 3rd** through **August 28th**

Monday, August 3 rd :	Hinsdale South Track
Wednesday, August 5 th :	Rocket Ice Arena, Bolingbrook, IL
Friday, August 7 th :	Darien Sportsplex
Monday, August 10 th :	Hinsdale South Track
Wednesday, August 12 th :	Hinsdale South Track
Friday, August 14 th :	Darien Sportsplex
Monday, August 17 th :	Hinsdale South Track
Wednesday, August 19 th :	Rocket Ice Arena Bolingbrook, IL.
Friday, August 21 st :	Darien Sportsplex
Monday, August 24 th :	Hinsdale South Track
Wednesday, August 26 th :	Hinsdale South Track
Friday, August 28 th :	Darien Sportsplex

- Attire for Conditioning: Athletic shorts, t-shirt, appropriate shoes for running, and bring a jump rope.
- Remember also to bring something to drink to every work out.
- Should weather be a problem, coaches will make the decision and let participants know whether or not the scheduled workout will continue or be changed to an indoor location.
- If anyone has any problems finding transportation to the conditioning sessions please call one of the two coaches so arrangements can be made for you to get a ride.

Coach Majewski 630-664-3352
Coach Cairo 630-484-3100