

2023-2024 PRACTICE AND GAME SCHEDULE (FINAL):

Practice Monday August 28th 16h-18h
Practice Tuesday August 29th 16h-18h
Practice Wednesday August 30th 16h-18h

Practice Tuesday September 5th 16h-18h
Practice Wednesday September 6th 16h-18h –
Practice Monday September 11th 16h-18h
Practice Tuesday September 12th 16h-18h
Practice Wednesday September 13th 16h-18h

Practice Monday September 18th 16h-18h
Practice Tuesday September 19th 16h-18h
GAME Wednesday September 20th 18h at RHS

Practice Monday September 25th 16h-18h
Practice Tuesday September 26th 16h-18h
GAME Wednesday September 27th 17h30 at Ecole Secondaire Therese Martin (bus leaves RHS at 15h30 and returns at 20h30)

Practice Monday October 2nd 16h-18h
Practice Tuesday October 3rd 16h-18h
GAME Wednesday October 4th 18h at College Esther Blondin (Bus leaves RHS at 16h and returns at 21h)

Practice Monday October 16th 16h-18h
Practice Tuesday October 17th 16h-18h
Practice Wednesday October 18th 16h-18h
GAME Thursday October 19th at 16h30 at College Esther Blondin (Bus leaves RHS at 15h and returns at 20h)

Practice Monday October 23rd 16h-18h
Practice Tuesday October 24th 16h-18h

* Depending on standings- Playoff game – Championship Finals Thursday November 2nd. Parents will receive an email to confirm if we are in this game.

A few important things to remember:

- Students WILL NOT have access to the school the first week of practice
- Please make sure your child has enough water for the entire practice
- Students will NOT be able to practice without a mouth guard (needed only as of week 2)
- An Athletic Therapist will be present at all practices and games
- On practice days when school starts, students must remain in the ping pong area after school. Any student roaming the building will be sent home.
- Please pack an extra lunch for your children for all game days
- All equipment (helmet, shoulder pads, game jersey, game pants and practice jersey) MUST be returned at the end of the season
- Please make the balance of payments by September 10th to Ms. Mary Frangiosa. In person or by phone 450-621-5900 x 8715
- All players must have their player contract filled out and returned before the first practice (with contact- August 29th)
Contracts will be available week 1 for new players.
- All practices are from 16h-18h. Parents are responsible to pick up their children after practice.
- Students will be bussed to and from away games. Parents should pick up their children from RHS after the bus arrives.
- Students can stay at school for all home games but MUST remain in the ping pong area. Please pack an extra lunch for your children for all game days!