



MEMO

To: CEIHF Talons Team Members
From: CEIHF Board of Directors and Coaching Staff
CC: Michael Penman, Zach Blom, Kevin Fredrick, Mike Magera
Date: 2010-02-20
Re: 2010 Talons Team Practice and Conditioning Schedule

Enclosed is the proposed 2010 Talons team practice schedule. The times and dates are per the current availability of rink time available for us by the Parker Fieldhouse.

Although it may not be perfect, or the most ideal times, it is conducive to a typical elite team skating and conditioning regiment. We are making an enormous financial and time investment for our players, and we expect you to equally contribute by your cooperation and participation to the practice sessions.

The schedule will be rigorous; however, if we are to compete at the highest level and succeed as Colorado's most Elite representatives for inline hockey, it will require all of us to focus on the ultimate PRIZE and the necessary physical and mental requirements to reach our goals.

If for any reason you find that you can not participate at any of the practice sessions, you **must** inform either myself or Coach Penman, or Coach Magera with an alternate opportunity to make up for the lost time and conditioning opportunity.

We are all very serious about our chances for success, and we need your complete and honest cooperation to make it happen. We will inform you in advance of any schedule changes that may occur.

Respectfully,

Eddie Delgado
CEIHF President
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Coach Drapal (Talons Elite): 303.589.4908
Coach Magera (Junior Talons): 303.589.8987



2010 PRACTICE SCHEDULE – Parker Fieldhouse

Tue, Feb 23	10:00 PM to 11:00 PM	RINK
Sun, Feb 28	7:00 PM to 8:00 PM	RINK
Tue, Mar 2	10 PM to 11 PM	RINK
Tue, Mar 9	10 PM to 11 PM	RINK
Tue, Mar 16	10 PM to 11 PM	RINK
Sun, Mar 21	7:00 PM to 8:00 PM	RINK
Tue, Mar 24	10 PM to 11 PM	RINK
Tue, Mar 30	10 PM to 11 PM	RINK
Tue, Apr 6	10 PM to 11 PM	RINK - Blom
Sun, Apr 11	7:00 PM to 8:00 PM	RINK - Penman
Tue, Apr 13	10 PM to 11 PM	RINK - Blom
Tue, Apr 20	10 PM to 11 PM	RINK - Blom
Sun, Apr 25	7:00 PM to 8:00 PM	RINK – Penman

Weather permitting; we will hold field or rink workouts at a later disclosed location.

IMPORTANT NOTE: All practice sessions are MANDATORY for all team members. To build a winning program involves the participation of all team members. Do not let your teammate down.