

St. Albert Sports Academy
“Athletics are a Dress Rehearsal for Life”
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Flames
Feb. 2020

Date	Pick Up	Activity
Feb. 4	M.M.	Hockey
Feb. 5	A.L.	P.E./Fitness
Feb. 11	M.M.	Hockey
Feb. 12	Servus	Pickleball/Hiit training
Feb. 13	G.A.	Hockey
Feb. 18	M.M.	Hockey
Feb. 19	Servus	Axe Monkey
Feb. 20	G.A.	Hockey
Feb. 25	M.M.	Hockey
Feb. 26	A.L.	P.E./Fitness
Feb. 27	G.A.	Hockey

- All Athletes are to be picked up by 3:00 P.M.
- All athletes should have a proper change of clothes and water bottle for each activity.
- Make sure your Axe throwing waiver is done