



## Junior Hockey Student/Athlete Schedule

Here is an example of a player's schedule who completes schoolwork at home throughout the year. Note that this is a week with weekend home games- schedule changes week to week based on training, competition, and travel.

### Monday:

- 8:30am-12:30pm at the rink
- 12:30pm-1:30pm Lunch
- 1:30pm-4:30pm schoolwork

### Tuesday:

- 8:30am-12:30pm at the rink
- 12:30pm-1:30pm Lunch
- 1:30pm-2:00pm Zoom meeting with Mr. Hermiston
- 2:00pm-4:30pm schoolwork

### Wednesday:

- 8:30am-11:30am schoolwork
- 11:30am-12:30pm Lunch
- 12:30pm-4:30pm at the rink

### Thursday:

- 8:30am-11:00am schoolwork
- 11:00am-11:30am Zoom meeting with math teacher
- 11:30am-12:30pm lunch
- 12:30pm-4:30pm at the rink.

**Friday:** Game day, no school.

**Saturday:** Game day, no school.

**Sunday:** Day off- may chip away at some school.

Note here that this student-athlete dedicates 3 hours per workday to school, for 12 total hours in this particular week. This represents a standard minimum requirement. Less than 12 hours per week for schoolwork is not a recipe for success. Of course, each person's schedule is unique, and average hours may fluctuate week to week depending on a variety of factors, including course load and travel. However, having this 12-hour minimum in mind is best practice and something all students and families should strive to maintain.

### **Junior Hockey Team Schedule**

The following is an example of a daily schedule used by a Junior A team that has partnered with SCIDES to provide full time education to 6 school aged players:

- 8:30am-10:00am on ice sessions.
- 10:15am-11:30am off ice sessions.
- 11:30am-12:30pm lunch.
- 12:30pm- 4:00pm school as a group in a designated room at a team facility.