**Upcoming - Capital District Female Ice Times**

We are pleased to announce upcoming ice times for our Female A teams out of Capital District:

This Weekend:

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| U9A (2014,2015) | Friday, Oct. 14  Saturday, Oct. 15  Sunday, Oct. 16 | 5:10pm  12:10pm  9:10am | Simmons  Simmons  Simmons |
| U11A (2012,2013) | Saturday, Oct. 15  Sunday, Oct. 16 | 5:00pm  4:10pm | Cody Banks  Cody Banks |
| U13A (2010,2011) | Saturday, Oct. 15  Sunday, Oct. 16 | 2:30pm  4:10pm | Simmons  Simmons |
| U15A (2008,2009) | Saturday, Oct. 15  Sunday, Oct. 16 | 6:10pm  5:20pm | Cody Banks  Cody Banks |
| U18A (2005,2006,2007) | Friday, Oct. 14  Tuesday, Oct. 18 | 7:30pm  6:20pm | Simmons  Simmons |

Regular Season Ice times are as follows and will start October 18th:

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| U9A Team 1  Practice (shared ice)  Games | Sunday  Friday | 9:10am  5:10pm | Simmons  Simmons |
| U9A Team 2  Practice (shared ice)  Games | Sunday  Saturday | 9:10am  12:10pm | Simmons  Simmons |
| U11A Team 1  Practice  Games | Monday  Saturday | 6:00am  2:40pm | Eastlink Centre  Cody Banks |
| U11A Team 2  Practice  Games | Friday  Tuesday | 6:00am  6:35pm | Eastlink Centre  Cody Banks |
| U13A Team 1  Practice (shared ice)  Games | Thursday  Saturday | 7:45pm  6:30pm | Bell Aliant Centre – A  Simmons |
| U13A Team 2  Practice (shared ice)  Games | Thursday  Sunday | 7:45pm  4:10pm | Bell Aliant Centre -A  Simmons |
| U15A  Practice  Games | Tuesday  Saturday | 6:15am  1:30pm | Eastlink Centre  Cody Banks |
| U18A Team 1  Practice (shared ice)  Games | Sunday  Friday | 1:45pm  7:30pm | Eastlink Centre  Simmons |
| U18A Team 2  Practice (shared ice)  Games | Sunday  Wednesday | 1:45pm  9:00pm | Eastlink Centre  Bell Aliant Centre - A |

For those divisions with multiple teams (U9, U11, U13, U18), players should attend all practices and game times until the teams are divided, at which time you only attend your designated team time.

Wishing you all a great season! ~ The Capital District Committee