CSSHL – Rockland
Following the exam break, the prep teams will depart for Rockland for their 4th CSSHL competition of the year. ([www.csshl.ca](http://www.csshl.ca)). Games will be streamed online at [www.hockeytv.com](http://www.hockeytv.com)

HOTEL: River Rock Inn - 2808 Chamberland St, Rockland, ON K4K 0B2

ARENA(S): CIH ARENA - 8710 County Road 17, Rockland, ON K4K 1T2

**Thursday January 30th, 2020**
8:20am practice at The Hill Academy
9:50am class
12:30pm lunch
1:00pm depart for Rockland
(study hall on bus)

**Friday January 31st, 2020**
**U18**
8:00am breakfast
9:30am depart for CIH arena
**10:45am HILL U18 VS WESTLAKE (CIH #2)**
4:45pm depart for CIH arena
**6:00pm HILL U18 VS ONTARIO U18 (CIH #1)**

**U16**
8:30am breakfast
9:30am study hall/team warmup
2:15pm depart for CIH arena
**3:30pm HILL U16 VS MOUNT U16 (CIH #1)**
6:00pm dinner
7:00pm depart for Navan Memorial Centre (1295 Colonial Rd, Navan, ON K4B 1N1)
7:30pm JR. A GAME – Nepean Raiders vs Navan Grads

**Saturday February 1st, 2019**
**U18**
8:30am breakfast
9:30am study hall/team warmup
5:00pm depart for CIH arena
**6:15pm HILL U18 VS MOUNT U18 (CIH #2)**
U16
8:30am breakfast
9:30am depart for CIH arena
10:45am HILL U16 VS ONTARIO U18 (CIH #2)
4:45pm depart for CIH arena
6:00pm HILL U16 VS CIH U18 (CIH #1)

Sunday February 2nd, 2020
U18
7:30am breakfast
8:00am depart for CIH arena
9:15am HILL U18 VS KING’S-EDGEHILL (CIH #2)

U16
8:30am breakfast
10:15am depart for CIH arena
11:30am HILL U16 VS MOUNT U16 (CIH #1)

Depart for Toronto directly following game – approximate arrival time in Toronto 7:30pm

REMININDERS
∞ It is recommended that student-athletes bring healthy snacks and plenty of water

Dress Code
∞ Games: Black pants, black golf shirts, black dress shoes, and Hill jackets (no hats)
∞ Warm-ups: Hill Shorts/Shirt/Hoodies/Running Shoes