



# THE GRIND



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## JANUARY 12

8:00 am

9:30 am

11:00 am

12:30 pm

2:00 pm

3:30 pm

## JUNIOR

1 v 2

3 v 4

2 v 4

1 v 3

2 v 3

4 v 1

## JANUARY 13

8:00 am

9:30 am

11:00 am

12:30 pm

2:00 pm

3:30 pm

## SENIOR

1 v 2

3 v 4

2 v 4

1 v 3

2 v 3

4 v 1

**The Grind** is an opportunity for your team to return to pre-break form without the pressures of winning. 3 games allow intense conditioning and honing of offensive and defensive sets.

**Date:**

January 12 Junior Grind

January 13 Senior Grind

**Contacts:**

Senior - [mohamed.saleh@yrdsb.ca](mailto:mohamed.saleh@yrdsb.ca)

Junior - [daniel.cuda@yrdsb.ca](mailto:daniel.cuda@yrdsb.ca)

**Location:**

Thornlea Secondary School

8075 Bayview Ave

L3T 4N4

**Cost: \$400**

Payable to Thornlea Secondary School

## RULES

- 4 eight minute quarters
- 3 Time-outs (1 in FH, 2 in SH)
- 5 minute half-time
- 2 min Over-time or first make

**Book your spot now!**

