



QUENCH ESSENTIALS



TEAM	HEAD COACH	PHONE NUMBER	Assistant coach	phone
Quench Essentials	Ian Paolin	705-465-5109	Tiffany Paolin	705-465-5108

Date	Start	AWAY TEAM	HOME TEAM
January 3, 2026	11:30 AM	HOWARD-MCCULLOCH	QUENCH ESSENTIALS
January 10, 2026	9:30 AM	QUENCH ESSENTIALS	WOF&GPA
January 17, 2026	9:30 AM	QUENCH ESSENTIALS	METRO TRUCK GROUP
January 24, 2026	10:50 AM	J-AAR	QUENCH ESSENTIALS
January 31, 2026	10:50 AM	BWL BUSINESS SERVICES	QUENCH ESSENTIALS
February 7, 2026	10:50 AM	QUENCH ESSENTIALS	HOWARD-MCCULLOCH
February 14, 2026	12:10 PM	WOF&GPA	QUENCH ESSENTIALS
February 21, 2026	9:30 AM	METRO TRUCK GROUP	QUENCH ESSENTIALS
February 28, 2026	12:10 PM	QUENCH ESSENTIALS	J-AAR
March 7, 2026	9:30 AM	QUENCH ESSENTIALS	BWL BUSINESS SERVICES
March 14, 2026	10:50 AM	HOWARD-MCCULLOCH	QUENCH ESSENTIALS
March 21, 2026	** NO HOCKEY **		
March 28, 2026	Time and teams to be determined		