

PRE REP CAMP – LANGLEY TWIN RINKS

WEEK # 2 – AUGUST 19TH – 23RD – ATOM + PEEWEE

DAY 1 – SUNDAY AUGUST 19TH

Atom Group

8:45 – 9:00 - Check in – **Parents must come to make payments and fill out waivers**

9:00 -9:30 – Change for ice

9:30-10:30 – Ice session #1 – Skill Development – Power Skating, Puck Skills + Shooting

10:30-10:45 – Change for dry land

10:45-12:00 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

12:00 – 12:45 - Lunch

12:45-1:15 – Change for Ice session #2

1:15-2:15 – Ice session #2 – Competition, Scrimmage + Conditioning

2:15-2:30 – Change for Dry Land

2:30 – 3:30 – Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

3:30 - Sign out

Peewee Group

10:00 – Check in– **Parents must come to make payments and fill out waivers**

10:15-11:30 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

11:30-12:00 – Change for Ice

12:00-1:00– Ice session #1 –Skill Development – Power Skating, Puck Skills + Shooting

1:00- 1:15 – Change for lunch

1:15-2:00 – Lunch

2:00-2:30–Change for Ice

2:30-3:30 – Ice session #2 – Competition, Scrimmage + Conditioning

3:30-3:45 – Change for Dry Land

3:45-4:45 Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

5:00 - Sign out

DAY # 2- MONDAY AUG 20TH

Atom Group

8:45 – 9:00 - Check in

9:00 -9:30 – Change for ice

9:30-10:30 – Ice session #1 – Skill Development – Power Skating, Puck Skills + Shooting

10:30-10:45 – Change for dry land

10:45-12:00 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

12:00 – 12:45 - Lunch

12:45-1:15 – Change for Ice session #2

1:15-2:15 – Ice session #2 – Competition, Scrimmage + Conditioning

2:15-2:30 – Change for Dry Land

2:30 – 3:30 – Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

3:30 - Sign out

Peewee Group

10:00 – Check in

10:15-11:30 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

11:30-12:00 – Change for Ice

12:00-1:00– Ice session #1 –Skill Development – Power Skating, Puck Skills + Shooting

1:00- 1:15 – Change for lunch

1:15-2:00 – Lunch

2:00-2:30–Change for Ice

2:30-3:30 – Ice session #2 – Competition, Scrimmage + Conditioning

3:30-3:45 – Change for Dry Land

3:45-4:45 Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

5:00 - Sign out

DAY 3 – TUESDAY AUGUST 21ST

Atom Group

8:45 – 9:00 - Check in

9:00 -9:30 – Change for ice

9:30-10:30 – Ice session #1 – Skill Development – Power Skating, Puck Skills + Shooting

10:30-10:45 – Change for dry land

10:45-12:00 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

12:00 – 12:45 - Lunch

12:45-1:15 – Change for Ice session #2

1:15-2:15 – Ice session #2 – Competition, Scrimmage + Conditioning

2:15-2:30 – Change for Dry Land

2:30 – 3:30 – Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

3:30 - Sign out

Peewee Group

10:00 – Check in

10:15-11:30 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

11:30-12:00 – Change for Ice

12:00-1:00– Ice session #1 –Skill Development – Power Skating, Puck Skills + Shooting

1:00- 1:15 – Change for lunch

1:15-2:00 – Lunch

2:00-2:30–Change for Ice

2:30-3:30 – Ice session #2 – Competition, Scrimmage + Conditioning

3:30-3:45 – Change for Dry Land

3:45-4:45 Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

5:00 - Sign out

DAY 4 – WEDNESDAY AUGUST 22ND

Atom Group

8:45 – 9:00 - Check in

9:00 -9:30 – Change for ice

9:30-10:30 – Ice session #1 – Skill Development – Power Skating, Puck Skills + Shooting

10:30-10:45 – Change for dry land

10:45-12:00 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

12:00 – 12:45 - Lunch

12:45-1:15 – Change for Ice session #2

1:15-2:15 – Ice session #2 – Competition, Scrimmage + Conditioning

2:15-2:30 – Change for Dry Land

2:30 – 3:30 – Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

3:30 - Sign out

Peewee Group

10:00 – Check in

10:15-11:30 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

11:30-12:00 – Change for Ice

12:00-1:00– Ice session #1 –Skill Development – Power Skating, Puck Skills + Shooting

1:00- 1:15 – Change for lunch

1:15-2:00 – Lunch

2:00-2:30–Change for Ice

2:30-3:30 – Ice session #2 – Competition, Scrimmage + Conditioning

3:30-3:45 – Change for Dry Land

3:45-4:45 Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

5:00 - Sign out

DAY 5 – THURSDAY AUG 23RD

Atom Group

8:45 – 9:00 - Check in

9:00 -9:30 – Change for ice

9:30-10:30 – Ice session #1 – Skill Development – Power Skating, Puck Skills + Shooting

10:30-10:45 – Change for dry land

10:45-12:00 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

12:00 – 12:45 - Lunch

12:45-1:15 – Change for Ice session #2

1:15-2:15 – Ice session #2 – Competition, Scrimmage + Conditioning

2:15-2:30 – Change for Dry Land

2:30 – 3:30 – Dry Land #2 – Hockey Skills - Players will be asked to bring a road hockey stick each day

3:30 - Sign out

Peewee Group

10:00 – Check in

10:15-11:30 – Dry Land #1 – Speed, Agility, Quickness, Conditioning + Core

11:30-12:00 – Change for Ice

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