

August 6, 2019

8:30 AM - 9:00 AM	DAY 1 REGISTRATION
9:15 AM - 9:45 AM	DRESS FOR ON ICE
9:45 AM - 11:15 AM	ON ICE SESSION - PUCK PROTECTION AND WALL WORK
11:15 AM - 11:45 AM	SNACK + CHANGE FOR DRY LAND
11:30 AM - 12:30 PM	HOCKEY SPECIFIC DRY LAND TRAINING
12:30 PM - 1:00 PM	SIGN OUT WITH COACHES

August 7, 2019

9:00 AM - 9:30 AM	SIGN IN WITH COACHES
9:15 AM - 9:45 AM	DRESS FOR ON ICE
9:45 AM - 11:15 AM	ON ICE SESSION - COMPETITION AND SMALL AREA GAMES
11:15 AM - 11:45 AM	SNACK + CHANGE FOR DRY LAND
11:30 AM - 12:30 PM	HOCKEY SPECIFIC DRY LAND TRAINING
12:30 PM - 1:00 PM	SIGN OUT WITH COACHES

August 8, 2019

9:00 AM - 9:30 AM	SIGN IN WITH COACHES
9:15 AM - 9:45 AM	DRESS FOR ON ICE

August 8, 2019 Continued

9:45 AM - 11:15 AM ON ICE SESSION - 1-1/ 2-1 / 2-2/ 3-3

11:15 AM - 11:45 AM SNACK + CHANGE FOR DRY LAND

11:30 AM - 12:30 PM HOCKEY SPECIFIC DRY LAND TRAINING

12:30 PM - 1:00 PM SIGN OUT WITH COACHES

August 9, 2019

9:00 AM - 9:30 AM SIGN IN WITH COACHES

9:15 AM - 9:45 AM DRESS FOR ON ICE

9:45 AM - 11:15 AM ON ICE SESSION - RACES / COMPETE AND BATTLE

11:15 AM - 11:45 AM SNACK + CHANGE FOR DRY LAND

11:30 AM - 12:30 PM HOCKEY SPECIFIC DRY LAND TRAINING

12:30 PM - 1:00 PM SIGN OUT WITH COACHES