

August 12, 2019

10:30 AM - 11:00 AM	DAY 1 REGISTRATION
11:15 AM - 11:45 AM	CHANGE FOR ICE
11:45 AM - 12:45 PM	ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 1:00 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1 - STRENGTH AND POWER
2:00 PM - 3:00 PM	LUNCH
3:00 PM - 3:30 PM	CHANGE FOR ICE
3:30 PM - 4:30 PM	ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING
4:30 PM - 5:00 PM	CHANGE FOR DRY LAND
5:00 PM - 6:00 PM	DRY LAND #2
6:00 PM - 6:15 PM	CHECK OUT WITH COACHES

August 13, 2019

11:00 AM - 11:30 AM	CHECK IN WITH COACHES
11:15 AM - 11:45 AM	CHANGE FOR ICE
11:45 AM - 12:45 PM	ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 1:00 PM	CHANGE FOR DRY LAND

August 13, 2019 Continued

1:00 PM - 2:00 PM	DRY LAND #1 - STREGTH AND POWER
2:00 PM - 3:00 PM	LUNCH
3:00 PM - 3:30 PM	CHANGE FOR ICE
3:30 PM - 4:30 PM	ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING
4:30 PM - 5:00 PM	CHANGE FOR DRY LAND
5:00 PM - 6:00 PM	DRY LAND #2
6:00 PM - 6:15 PM	CHECK OUT WITH COACHES

August 14, 2019

11:00 AM - 11:30 AM	CHECK IN WITH COACHES
11:15 AM - 11:45 AM	CHANGE FOR ICE
11:45 AM - 12:45 PM	ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 1:00 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1 - STREGTH AND POWER
2:00 PM - 3:00 PM	LUNCH
3:00 PM - 3:30 PM	CHANGE FOR ICE
3:30 PM - 4:30 PM	ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING

August 14, 2019 Continued

4:30 PM - 5:00 PM	CHANGE FOR DRY LAND
5:00 PM - 6:00 PM	DRY LAND #2
6:00 PM - 6:15 PM	CHECK OUT WITH COACHES

August 15, 2019

11:00 AM - 11:30 AM	CHECK IN WITH COACHES
11:15 AM - 11:45 AM	CHANGE FOR ICE
11:45 AM - 12:45 PM	ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 1:00 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1 - STRENGTH AND POWER
2:00 PM - 3:00 PM	LUNCH
3:00 PM - 3:30 PM	CHANGE FOR ICE
3:30 PM - 4:30 PM	ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING
4:30 PM - 5:00 PM	CHANGE FOR DRY LAND
5:00 PM - 6:00 PM	DRY LAND #2
6:00 PM - 6:15 PM	CHECK OUT WITH COACHES

August 16, 2019

11:00 AM - 11:30 AM	CHECK IN WITH COACHES
11:15 AM - 11:45 AM	CHANGE FOR ICE
11:45 AM - 12:45 PM	ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 1:00 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1 - STRENGTH AND POWER
2:00 PM - 3:00 PM	LUNCH
3:00 PM - 3:30 PM	CHANGE FOR ICE
3:30 PM - 4:30 PM	ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING
4:30 PM - 5:00 PM	CHANGE FOR DRY LAND
5:00 PM - 6:00 PM	DRY LAND #2
6:00 PM - 6:15 PM	CHECK OUT WITH COACHES