

August 12, 2019

8:00 AM - 8:30 AM	DAY 1 REGISTRATION
9:00 AM - 10:00 AM	DRY LAND SESSION #1
10:00 AM - 10:30 AM	CHANGE FOR ICE
10:30 AM - 11:30 AM	ON ICE SESSION #1 - SKILL AND SKATING DEVELOPMENT
11:30 AM - 12:30 PM	LUNCH
12:30 PM - 1:30 PM	DRY LAND #2
1:30 PM - 2:00 PM	CHANGE FOR ICE
2:15 PM - 3:15 PM	ICE SESSION #2 - GAME SITUATIONS/COMPETE + CONDITIONING
3:15 PM - 3:45 PM	CHECK OUT WITH COACHES

August 13, 2019

8:30 AM - 9:00 AM	CHECK IN WITH COACHES
9:00 AM - 10:00 AM	DRY LAND SESSION #1
10:00 AM - 10:30 AM	CHANGE FOR ICE
10:30 AM - 11:30 AM	ON ICE SESSION #1 - SKILL AND SKATING DEVELOPMENT
11:30 AM - 12:30 PM	LUNCH
12:30 PM - 1:30 PM	DRY LAND #2

August 13, 2019 Continued

1:30 PM - 2:00 PM

CHANGE FOR ICE

2:15 PM - 3:15 PM

ICE SESSION #2 - GAME SITUATIONS/COMPETE + CONDITIONING

3:15 PM - 3:45 PM

CHECK OUT WITH COACHES

August 14, 2019

8:30 AM - 9:00 AM

CHECK IN WITH COACHES

9:00 AM - 10:00 AM

DRY LAND SESSION #1

10:00 AM - 10:30 AM

CHANGE FOR ICE

10:30 AM - 11:30 AM

ON ICE SESSION #1 - SKILL AND SKATING DEVELOPMENT

11:30 AM - 12:30 PM

LUNCH

12:30 PM - 1:30 PM

DRY LAND #2

1:30 PM - 2:00 PM

CHANGE FOR ICE

2:15 PM - 3:15 PM

ICE SESSION #2 - GAME SITUATIONS/COMPETE + CONDITIONING

3:15 PM - 3:45 PM

CHECK OUT WITH COACHES

August 15, 2019

8:30 AM - 9:00 AM

CHECK IN WITH COACHES

9:00 AM - 10:00 AM

DRY LAND SESSION #1

August 15, 2019 Continued

10:00 AM - 10:30 AM	CHANGE FOR ICE
10:30 AM - 11:30 AM	ON ICE SESSION #1 - SKILL AND SKATING DEVELOPMENT
11:30 AM - 12:30 PM	LUNCH
12:30 PM - 1:30 PM	DRY LAND #2
1:30 PM - 2:00 PM	CHANGE FOR ICE
2:15 PM - 3:15 PM	ICE SESSION #2 - GAME SITUATIONS/COMPETE + CONDITIONING
3:15 PM - 3:45 PM	CHECK OUT WITH COACHES

August 16, 2019

8:30 AM - 9:00 AM	CHECK IN WITH COACHES
9:00 AM - 10:00 AM	DRY LAND SESSION #1
10:00 AM - 10:30 AM	CHANGE FOR ICE
10:30 AM - 11:30 AM	ON ICE SESSION #1 - SKILL AND SKATING DEVELOPMENT
11:30 AM - 12:30 PM	LUNCH
12:30 PM - 1:30 PM	DRY LAND #2
1:30 PM - 2:00 PM	CHANGE FOR ICE
2:15 PM - 3:15 PM	ICE SESSION #2 - GAME SITUATIONS/COMPETE + CONDITIONING

August 16, 2019 Continued

3:15 PM - 3:45 PM

CHECK OUT WITH COACHES