DAY 1: THURSDAY, AUGUST 2

			2018 HIG	H PERFORMANCE PROGRA	M SUMMER CAMP - CORN	NER BROOK			
TIME	FU16 WHITE	FU16 BLUE	FU18 WHITE	FU18 BLUE	MU14 RED & Yellow	MU14 WHITE & BLUE	MU15 WHITE	MU15 BLUE	TIME
4:00 PM									4:00 PM
4:15 PM								4:15 PM	
4:30 PM		stration for all FU16 Players rance/Lobby	5	on for all FU18 Players ding (Main Lobby)		istration for all MU14 Players trance/Lobby	RESIDENCE Registrati Arts & Science Residen	4:30 PM	
4:45 PM	Archa Entr	unce, cossy	Wo Residence Buil	ung (mun coppy)	Arciu En	trunce, cobby	Arts & Science Residen	4:45 PM	
5:00 PM									5:00 PM
5:15 PM									5:15 PM
5:30 PM	DECIDENCE D:-tt	f FU1C Pl	D 0# Fi	FU10 DI	DECIDENCE Di-t	tion for all balls a Discours	D O# Fi	MILIAE Di	5:30 PM
5:45 PM	9	on for all FU16 Players Iding (Main Lobby)		nent FU18 Players ance/Lobby	•	ition for all MU14 Players ence Building (Main Lobby)		ent MU15 Players rance/Lobby	5:45 PM
6:00 PM				,				,	6:00 PM
6:15 PM									6:15 PM
6:30 PM									6:30 PM
6:45 PM									6:45 PM
7:00 PM			U16/FU18 Players			7:00 PM			
7:15 PM		Meeting Ro	oom # 1,2, 3			7:15 PM			
7:30 PM									7:30 PM
7:45 PM		yers Meeting		yers Meeting		Players Meeting	MU15 All Players Meeting		7:45 PM
8:00 PM	Canada	a House	Studio	Room		Gym	Meeting	Room 1,2,3	8:00 PM
8:15 PM	Depart	for RES	Depart	for RES	Depa	rt for RES	Depart	for RES	8:15 PM
8:30 PM					MEETING				8:30 PM
8:45 PM				Meeting	Room1,2,3				8:45 PM
9:00 PM									9:00 PM
9:15 PM									9:15 PM
9:30 PM									9:30 PM
9:45 PM	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	9:45 PM

00 AM 15 AM 30 AM 45 AM				201	8 HIGH PERFORMANCE PR	OGRAM SU	MMER CAMP - CORNER BR	ООК						
15 AM 30 AM	FU16 WHITE	FU16 BLUE	TIME	FU18 WHITE	FU18 BLUE	TIME	MU14 RED & BLUE	MU14 WHITE & YELLOW	TIME	MU15 WHITE	MU15 BLUE	TII		
30 AM	WAKE UP	WAKE UP	6:00 AM	,		6:00 AM		WAKE UP	6:00 AM			6:00		
	Breakfast	Breakfast	6:15 AM			6:15 AM	,	Depart for Civic Centre	6:15 AM			6:15		
15 AM	Canada House	Canada House	6:30 AM			6:30 AM		Breakfast	6:30 AM	WAKE UP	WAKE UP	6:30		
			6:45 AM			6:45 AM	WAKE UP	Canada House	6:45 AM	Depart for Civic Centre	Depart for Civic Centre	6:45		
MA 00			7:00 AM	,		7:00 AM	Depart for Civic Centre		7:00 AM	Breakfast	Breakfast	7:00		
15 AM			7:15 AM			7:15 AM	Breakfast		7:15 AM	Canada House	Canada House	7:15		
30 AM	Warm-Up / Dress	Team Builder	7:30 AM	WAKE UP	WAKE UP	7:30 AM	Canada House		7:30 AM			7:30		
45 AM					7:45 AM	Depart for Civic Centre	Depart for Civic Centre	7:45 AM		Warm-Up / Dress	7:45 AM	Presentation	Presentation	7:45
MA 00		Presentation	8:00 AM	Breakfast	Breakfast	8:00 AM			8:00 AM	Room #2	Room #2	8:00		
15 AM	December (Carde of Disc)	Room #1	8:15 AM	Canada House	Canada House	8:15 AM	Presentation		8:15 AM			8:15		
30 AM	Practice (Style of Play) Rink A		8:30 AM			8:30 AM	Room # 3	Practice (Style of Play)	8:30 AM			8:30		
45 AM			8:45 AM			8:45 AM		Rink B	8:45 AM			8:45		
MA 00		Warm-Up / Dress	9:00 AM	Presentation (ALL FU18)	Presentation (ALL FU18)	9:00 AM		Tank b	9:00 AM			9:00		
L5 AM			9:15 AM	Room # 2	Room # 2	9:15 AM	Warm-Up / Dress		9:15 AM	Fitness Testing - Aerobic (ALL MU15 Players)	Fitness Testing - Aerobic (ALL MU15 Players)	9:15		
80 AM	Cool-Down		9:30 AM			9:30 AM			9:30 AM	GYM	GYM	9:30		
15 AM			9:45 AM			9:45 AM		Cool-Down	9:45 AM			9:45		
00 AM		Practice (Style of Play) Rink A	10:00 AM	Team Builder	Team Builder	10:00 AM			10:00 AM			10:0		
15 AM	Presentation Room #1	KIIIKA	10:15 AM			10:15 AM	Practice (Style of Play) Rink B		10:15 AM			10:1		
30 AM	K00M #1		10:30 AM			10:30 AM	KINK B	Presentation	10:30 AM			10:3		
45 AM			10:45 AM			10:45 AM		Room # 3	10:45 AM			10:4		
00 AM	Team Builder	Cool-Down	11:00 AM			11:00 AM			11:00 AM	Snack/Warm-Up / Dress	Snack/Warm-Up / Dress	11:0		
15 AM			11:15 AM	Fitness Testing -	Fitness Testing -	11:15 AM	Cool-Down	Team Builder	11:15 AM			11:1		
30 AM			11:30 AM	Aerobic (ALL FU18 Players)		11:30 AM			11:30 AM			11:3		
45 AM			11:45 AM			11:45 AM			11:45 AM			11:4		
:00 PM	Lunch	Lunch	12:00 PM			12:00 PM	Lunch	Lunch	12:00 PM	Practice (Style of Play)	Practice (Style of Play)	12:0		
:15 PM	Canada House	Canada House	12:15 PM			12:15 PM	Canada House	Canada House	12:15 PM	Rink A	Rink B	12:1		
30 PM			12:30 PM			12:30 PM			12:30 PM			12:3		
45 PM			12:45 PM			12:45 PM	Presentation (ALL MU14)	Presentation (ALL MU14)	12:45 PM			12:4		
00 PM	Team Builder vs. Blue	Team Builder vs. White	1:00 PM	Lunch Canada House	Lunch	1:00 PM	Room #2	Room #2	1:00 PM	Cool-Down	Cool-Down	1:00		
L5 PM			1:15 PM	Canada House	Canada House	1:15 PM			1:15 PM			1:15		
80 PM			1:30 PM			1:30 PM			1:30 PM	Lunch	Lunch	1:30		
45 PM			1:45 PM			1:45 PM			1:45 PM	Canada House	Canada House	1:45		
00 PM			2:00 PM	Warm-Up / Dress	Warm-Up / Dress	2:00 PM	Fiture Testine Associa	Figure Testine Associa	2:00 PM			2:00		
		Break	Break	Break		Wallif-Op / Diess	warm-up / bress	********	Fitness Testing - Aerobic (ALL MU14 Players)	Fitness Testing - Aerobic (ALL MU14 Players)				
15 PM	Break				Break	2:15 PM			2:15 PM	(ALL WOTH Players)	(ALL WOT4 Players)	2:15 PM	Presentation (ALL MU15) Room #2	Presentation (ALL MU15) Room #2
30 PM			2:30 PM		parameter in the contract of t		2:30 PM			2:30 PM	Koom #2	Koom #2	2:30	
45 PM			2:45 PM	Practice (Style of Play)	Practice (Style of Play)	2:45 PM			2:45 PM			2:45		
00 PM			3:00 PM			Rink A	Rink B	3:00 PM			3:00 PM			3:00
15 PM			3:15 PM			3:15 PM	Snack	Snack	3:15 PM			3:15		
30 PM			3:30 PM			3:30 PM		3:30 PM Break 3:45 PM	~~~~~]	Team Builder vs. Team White	3:30		
45 PM	Fitness Testing - Aerobic	Fitness Testing - Aerobic	3:45 PM			3:45 PM	Break					3:45		
00 PM	(ALL FU16 Players)	(ALL FU16 Players)	4:00 PM	Cool-Down	Cool-Down	4:00 PM			4:00 PM			4:00		
15 PM			4:15 PM			4:15 PM			4:15 PM			4:15		
30 PM			4:30 PM			4:30 PM	Warm-Up / Dress	Warm-Up / Dress	4:30 PM			4:30		
45 PM			4:45 PM			4:45 PM			4:45 PM			4:45		
00 PM	Dinner	Dinner	5:00 PM	Break	Break	5:00 PM			5:00 PM	Break	Break	5:00		
15 PM	Canada House	Canada House	5:15 PM			5:15 PM	Practice (With a Puck)	Practice (With a Puck)	5:15 PM			5:15		
30 PM			5:30 PM			5:30 PM	Rink A	Rink B	5:30 PM			5:30		
45 PM			5:45 PM			5:45 PM			5:45 PM			5:45		
00 PM	Warm-Up / Dress	Warm-Up / Dress	6:00 PM	Dinner	Dinner	6:00 PM			6:00 PM	Dinner	Dinner	6:00		
15 PM	. ,	.,	6:15 PM	Canada House	Canada House	6:15 PM Cool-Down	Cool-Down	6:15 PM	Canada House	Canada House	6:15			
30 PM			6:30 PM			6:30 PM			6:30 PM			6:30		
45 PM			6:45 PM	Presentation (ALL FU18 Players)		6:45 PM	Dinner	Dinner	6:45 PM	Presentation (ALL MU15 Players)	Presentation (ALL MU15 Players)	6:45		
00 PM	Practice (With a Puck)	Practice (With a Puck)	7:00 PM	Room # 1	Room # 1	7:00 PM	Canada House	Canada House	7:00 PM	Room # 2	Room # 2	7:00		
15 PM	Rink A	Rink B	7:15 PM			7:15 PM			7:15 PM			7:15		
30 PM			7:30 PM	Warm-Up / Dress	Break (Later Finish)	7:30 PM	Presentation (ALL MU14	Presentation (ALL MU14	7:30 PM	Break (Later Finish)	Warm-Up / Dress	7:30		
			7:45 PM		,,	7:45 PM	Players)	Players)	7:45 PM	,,		7:45		
	Cool-Down/Snack	Cool-Down/Snack	8:00 PM			8:00 PM	Room # 2	Room # 2	8:00 PM			8:00		
00 PM			8:15 PM	Practice (With a Puck)		8:15 PM	Depart for RES	Depart for RES	8:15 PM		Practice (With a Puck)	8:15		
00 PM 15 PM		Presentation (ALL FU16)	8:30 PM	Rink A	Warm-Up / Dress	8:30 PM		·	8:30 PM	Warm-Up / Dress	Rink B	8:30		
00 PM 15 PM 80 PM	Presentation (ALL ELIS)		8:45 PM		p / 5.033	8:45 PM			8:45 PM			8:45		
00 PM 15 PM 30 PM 15 PM	Presentation (ALL FU16) Room #2	Room #2				9:00 PM			9:00 PM			9:00		
00 PM 15 PM 30 PM 45 PM			9:00 PM			9:15 PM			9:15 PM		Cool-Down/Snack	9:15		
00 PM 15 PM 30 PM 45 PM 00 PM			9:15 PM	Cool-Down/Snack		3.13 1 101								
00 PM 15 PM 30 PM 45 PM 00 PM	Room #2	Room #2		Cool-Down/Snack	Practice (With a Puck)	9:30 PM			9:30 PM	Practice (With a Puck)		9:30		
00 PM 15 PM 30 PM 45 PM 00 PM 15 PM	Room #2	Room #2 Depart for RES	9:15 PM	Cool-Down/Snack Depart for RES	Practice (With a Puck) Rink A	9:30 PM 9:45 PM	LIGHTS OUT	LIGHTS OUT	9:30 PM 9:45 PM	Practice (With a Puck) Rink B	Depart for RES			
00 PM 15 PM 30 PM 45 PM 00 PM 15 PM 30 PM 45 PM	Room #2	Room #2	9:15 PM 9:30 PM			9:30 PM	LIGHTS OUT	LIGHTS OUT	~~~~~		Depart for RES	9:4		
45 PM 00 PM 15 PM 30 PM 45 PM 00 PM 15 PM 30 PM 45 PM 00 PM 15 PM 15 PM	Room #2 Depart for RES	Room #2 Depart for RES	9:15 PM 9:30 PM 9:45 PM			9:30 PM 9:45 PM	LIGHTS OUT	LIGHTS OUT	9:45 PM		Depart for RES LIGHTS OUT	9:45 10:0		
00 PM 15 PM 30 PM 45 PM 00 PM 15 PM 30 PM 45 PM :00 PM	Room #2 Depart for RES	Room #2 Depart for RES	9:15 PM 9:30 PM 9:45 PM 10:00 PM	Depart for RES		9:30 PM 9:45 PM 10:00 PM	LIGHTS OUT	LIGHTS OUT	9:45 PM 10:00 PM			9:30 9:45 10:0 10:1 10:3		
00 PM 15 PM 30 PM 45 PM 00 PM 15 PM 30 PM 45 PM :00 PM	Room #2 Depart for RES	Room #2 Depart for RES	9:15 PM 9:30 PM 9:45 PM 10:00 PM 10:15 PM	Depart for RES	Rink A	9:30 PM 9:45 PM 10:00 PM 10:15 PM	LIGHTS OUT	LIGHTS OUT	9:45 PM 10:00 PM 10:15 PM	Rink B		9:45 10:0 10:1		
00 PM 15 PM 30 PM 15 PM 00 PM 15 PM 30 PM 15 PM 15 PM 30 PM 15 PM 30 PM	Room #2 Depart for RES	Room #2 Depart for RES	9:15 PM 9:30 PM 9:45 PM 10:00 PM 10:15 PM 10:30 PM	Depart for RES	Rink A	9:30 PM 9:45 PM 10:00 PM 10:15 PM 10:30 PM	LIGHTS OUT	LIGHTS OUT	9:45 PM 10:00 PM 10:15 PM 10:30 PM	Rink B		9:45 10:0 10:1 10:3		

DAY 3: SATURDAY, AUGUST 4

				20	18 HIGH PERFORMANCE PR	OGRAM SU	IMMER CAMP - CORNER BR	OOK				
TIME	FU16 WHITE	FU16 BLUE	TIME	FU18 WHITE	FU18 BLUE	TIME	MU14 RED & BLUE	MU14 WHITE & YELLOW	TIME	MU15 WHITE	MU15 BLUE	TIME
6:00 AM			6:00 AM			6:00 AM	WAKE UP		6:00 AM	WAKE UP		6:00 AM
6:15 AM 6:30 AM			6:15 AM 6:30 AM			6:15 AM 6:30 AM	Depart for Civic Centre	WAKE UP	6:15 AM 6:30 AM	Depart for Civic Centre	WAKE UP	6:15 AM
6:45 AM			6:45 AM			6:45 AM	Breakfast Canada House	Depart for Civic Centre	6:45 AM	Breakfast Canada House	Depart for Civic Centre	6:30 AM 6:45 AM
7:00 AM			7:00 AM			7:00 AM		Breakfast	7:00 AM		Breakfast	7:00 AM
7:15 AM	WAKE UP	WAKE UP	7:15 AM	WAKE UP	WAKE UP	7:15 AM	Warm-Up / Dress	Canada House	7:15 AM	Warm-Up / Dress	Canada House	7:15 AM
7:30 AM	Depart for Civic Centre	Depart for Civic Centre	7:30 AM	Depart for Civic Centre	Depart for Civic Centre	7:30 AM		Presentation	7:30 AM		Presentation	7:30 AM
7:45 AM	Breakfast	Breakfast	7:45 AM	Breakfast	Breakfast	7:45 AM		Room #1	7:45 AM		Room #2	7:45 AM
8:00 AM 8:15 AM	Canada House	Canada House	8:00 AM 8:15 AM	Canada House	Canada House	8:00 AM 8:15 AM	Practice (Without a Puck) Rink A		8:00 AM 8:15 AM	Practice (Without a Puck) Rink B		8:00 AM 8:15 AM
8:30 AM			8:30 AM			8:30 AM		Warm-Up / Dress	8:30 AM		Warm-Up / Dress	8:30 AM
8:45 AM	Presentation (All FU16 Players)	Presentation (All FU16 Players)	8:45 AM	Presentation (All FU18 Players)	Presentation (All FU18 Players)	8:45 AM			8:45 AM			8:45 AM
9:00 AM	Room #1	Room #1	9:00 AM	Room #3	Room #3	9:00 AM			9:00 AM			9:00 AM
9:15 AM			9:15 AM			9:15 AM	Cool-Down	Practice (Without a Puck) Rink A	9:15 AM	Cool-Down	Practice (Without a Puck) Rink B	9:15AM
9:30 AM	Warm Un / Droce		9:30 AM	Warm Un / Droce		9:30 AM		KINK A	9:30 AM		KINK B	9:30 AM
9:45 AM 10:00 AM	Warm-Up / Dress	Team Builder	9:45 AM 10:00 AM	Warm-Up / Dress	Team Builder	9:45 AM 10:00 AM			9:45 AM 10:00 AM			9:45 AM 10:00 AM
10:15 AM			10:15 AM			10:15 AM	Presentation Room #1		10:15 AM	Presentation		10:15 AM
10:30 AM	Practice (Without a Puck)		10:30 AM	Practice (Without a Puck)		10:30 AM	Koom #1	Cool-Down	10:30 AM	Room #2	Cool-Down	10:30 AM
10:45 AM	Rink A		10:45 AM	Rink B		10:45 AM			10:45 AM			10:45 AM
11:00 AM		Warm-Up / Dress	11:00 AM		Warm-Up / Dress	11:00 AM	Lunch	Lunch	11:00 AM		Los 1	11:00 AM
11:15 AM 11:30 AM	Cool-Down		11:15 AM 11:30 AM	Cool-Down		11:15 AM 11:30 AM	Canada House	Canada House	11:15 AM 11:30 AM	Lunch	Lunch Canada House	11:15 AM 11:30 AM
11:30 AM	COOI-DOWII	Practice (Without a Puck)	11:30 AM	COO-DOWN	Practice (Without a Puck)	11:30 AM			11:30 AM	Canada House	Canada House	11:30 AM
12:00 PM		Rink A	12:00 PM		Rink B	12:00 PM	Presentation Room #2	Presentation Room #2	12:00 PM			12:00 PM
12:15 PM	Lunch Canada House		12:15 PM	Lunch Canada House		12:15 PM	ROUIII #2	ROOM #2	12:15 PM			12:10 PM
12:30 PM		Cool-Down	12:30 PM		Cool-Down	12:30 PM			12:30 PM			12:30 PM
12:45 PM			12:45 PM			12:45 PM			12:45 PM	Break (Res	Break (Res	12:45 PM
1:00 PM 1:15 PM	Team Builder	Lunch Canada House	1:00 PM 1:15 PM Team Builder	Team Builder	Lunch Canada House	1:00 PM 1:15 PM	5 PM	Fitness Testing (Lower & Upper)	1:00 PM 1:15 PM			1:00 PM 1:10 PM
1:30 PM	ream bander		1:30 PM	999		1:30 PM			1:30 PM			1:30 PM
1:45 PM			1:45 PM			1:45 PM			1:45 PM			1:45 PM
2:00 PM			2:00 PM			2:00 PM	Break (Res) Return to rink (3:30)	Break (Res) Return to rink (3:30)	2:00 PM	Fitness Testing (Lower & Upper)	Fitness Testing (Lower & Upper)	2:00 PM
2:15 PM			2:15 PM			2:15 PM			2:15 PM	(2:00 - 3:30)	(2:00 - 3:30)	2:15 PM
2:30 PM 2:45 PM	Break (Res) Return to rink 4:30	Break (Res) Return to rink 4:30	2:30 PM 2:45 PM	Break (Res) Return to rink 4:30	Break (Res) Return to rink 4:30	2:30 PM	All MU14 Goalies On-ice	All MU14 Goalies On-ice	2:30 PM	All MU15 Goalies On-ice	All MU15 Goalies On-ice	2:30 PM
3:00 PM	1			Break (Res) Return to rink 4:30 Br		2.4E DM				Pink R	Pink R	2.4E DM
						2:45 PM 3:00 PM	Rink B	Rink B	2:45 PM	Rink B 2:30-3:15	Rink B 2:30-3:15	2:45 PM 3:00 PM
3:15 PM			3:00 PM 3:15 PM			2:45 PM 3:00 PM 3:15 PM				2:30-3:15	2:30-3:15	2:45 PM 3:00 PM 3:15 PM
			3:00 PM			3:00 PM	Rink B (Goalies) Cool-Down	Rink B (Goalies) Cool-Down	2:45 PM 3:00 PM			3:00 PM
3:15 PM 3:30 PM 3:45 PM	All FU16 Goalies On-ice (A)	All FU16 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM	All FU18 Goalies On-ice (A)	All FU18 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM		(Goalies) Cool-Down	2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM	2:30-3:15	2:30-3:15	3:00 PM 3:15 PM 3:30 PM 3:45 PM
3:15 PM 3:30 PM 3:45 PM 4:00 PM	All FU16 Goalies On-ice (A)	All FU16 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM	All FU18 Goalies On-ice (A)	All FU18 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM			2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM	2:30-3:15	2:30-3:15	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM
3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM	All FU16 Goalies On-ice (A) (Goalies) Cool-Down	All FU16 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM	All FU18 Goalies On-ice (A) (Goalies) Cool-Down	All FU18 Goalies On-ice (A)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM	(Goalies) Cool-Down	(Goalies) Cool-Down Presentation	2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM	2:30-3:15 (Goalies) Cool-Down	2:30-3:15 (Goalies) Cool-Down	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM
3:15 PM 3:30 PM 3:45 PM 4:00 PM			3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM			3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM	(Goalies) Cool-Down	(Goalies) Cool-Down Presentation Room #1	2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM
3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM			3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM			3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM	(Goalies) Cool-Down	(Goalies) Cool-Down Presentation Room #1 Dinner	2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM
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3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down Presentation Room #2	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM	(Goalies) Cool-Down Snack/Warm-Up / Dress	(Goalies) Cool-Down Presentation Room #1 Dinner	2:45 PM 3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym)	3:00 PM 3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM
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3:15 PM 3:30 PM 3:45 PM 4:00 PM 4:10 PM 4:15 PM 4:30 PM 4:45 PM 5:30 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 6:30 PM 7:30 PM 7:3	(Goalies) Cool-Down Presentation Room #2 Troy Ryan (Pre Game) Dinner Canada House Warm-Up / Dress Game vs. Blue Rink A Cool-Down Snack	(Goalies) Cool-Down Presentation Room #2 Troy Ryan (Pre Game) Dinner Canada House Warm-Up / Dress Game vs. White Rink A Cool-Down Snack	3:00 PM 3:15 PM 3:30 PM 4:00 PM 4:15 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 9:15 PM 9:30 PM 9:15 PM 9:30 PM 9:15 PM	(Goalies) Cool-Down Presentation Room #2 Troy Ryan (Pre Game) Dinner Canada House Warm-Up / Dress Game vs. Blue Rink B Cool-Down Snack	(Goalies) Cool-Down Presentation Room #2 Troy Ryan (Pre Game) Dinner Canada House Warm-Up / Dress Game vs. White Rink B Cool-Down Snack	3:00 PM 3:15 PM 3:30 PM 4:00 PM 4:15 PM 4:30 PM 4:30 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM 6:00 PM 6:30 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 P	Game Red vs. Blue Rink A Cool-Down Dinner Canada House Presentation Room #1 Depart for RES	(Goalies) Cool-Down Presentation Room #1 Dinner Canada House Warm-Up / Dress Game White vs. Yellow Rink A Cool-Down Snack Depart for RES	2:45 PM 3:00 PM 3:15 PM 3:15 PM 3:30 PM 4:400 PM 4:15 PM 4:45 PM 5:00 PM 5:15 PM 5:30 PM 5:30 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 8:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM 9:30 PM	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym) Dinner Canada House Warm-Up / Dress Game vs. Blue Rink B Cool-Down Snack Depart for RES	2:30-3:15 (Goalies) Cool-Down Stretch Session (Gym) Dinner Canada House Warm-Up / Dress Game vs. White Rink B Cool-Down Snack Depart for RES	3:00 PM 3:15 PM 3:15 PM 4:00 PM 4:15 PM 4:30 PM 5:00 PM 5:15 PM 5:30 PM 6:15 PM 6:30 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 8:30 PM 8:45 PM 9:30 PM 9:30 PM
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							IMMER CAMP - CORNER BR			1					
6:00 AM	FU16 WHITE	FU16 BLUE	6:00 AM	FU18 WHITE	FU18 BLUE	6:00 AM	MU14 RED & Yellow	MU14 WHITE & BLUE	6:00 AM	MU15 WHITE	MU15 BLUE	6:00 AM			
6:15 AM	WAKE UP		6:15 AM	WAKE UP		6:15 AM	WAKE UP Goalies MU14	WAKE UP Goalies MU14	6:15 AM	WAKE UP Goalies MU15	WAKE UP Goalies MU15	6:15 AM			
6:30 AM	Depart for Civic Centre		6:30 AM	Depart for Civic Centre		6:30 AM	Pre-ice Snack ALL M	ale Goalies (DEPART)	6:30 AM	Pre-ice Snack ALL M	ale Goalies (DEPART)	6:30 AM			
6:45 AM	Breakfast	WAKE UP	6:45 AM	Breakfast	WAKE UP	6:45 AM			6:45 AM			6:45 AM			
7:00 AM 7:15 AM	Canada House	Depart for Civic Centre	7:00 AM 7:15 AM	Canada House	Depart for Civic Centre	7:00 AM 7:15 AM	MU14 Goalies 7:1 WAKE UP	5-8:00AM (RINK B) WAKE UP	7:00 AM 7:15 AM			7:00 AM 7:15 AM			
7:30 AM	Warm-Up / Dress	Breakfast Canada House	7:30 AM	Warm-Up / Dress	Breakfast Canada House	7:30 AM	Depart for Civic Centre	Depart for Civic Centre	7:30 AM	Goalie Session MU15 7:15-	Goalie Session MU15 7:15-	7:30 AM			
7:45 AM			7:45 AM			7:45 AM	Breakfast	Breakfast	7:45 AM	8:00AM (RINK B)	8:00AM (RINK B)	7:45 AM			
8:00 AM			8:00 AM			8:00 AM	Canada House	Canada House	8:00 AM	WAKE UP	WAKE UP	8:00 AM			
8:15 AM		Presentation Room #1	8:15 AM		Presentation Room #3	8:15 AM			8:15 AM	Depart for Civic Centre	Depart for Civic Centre	8:15 AM			
8:30 AM 8:45 AM	Practice (Scoring/Defence) Rink B	ROOM #1	8:30 AM 8:45 AM	Practice (Scoring/Defence) Rink A	ROOM #3	8:30 AM 8:45 AM	Presentation Room #2	Presentation Room #2	8:30 AM 8:45 AM	Breakfast Canada House	Breakfast Canada House	8:30 AM 8:45 AM			
9:00 AM			9:00 AM			9:00 AM			9:00 AM			9:00 AM			
9:15 AM		Warm-Up / Dress	9:15 AM		Warm-Up / Dress	9:15 AM			9:15 AM			9:15 AM			
9:30 AM			9:30 AM			9:30 AM	Team Builder		9:30 AM	Presentation	Presentation	9:30 AN			
9:45 AM	Cool-Down		9:45 AM	Cool-Down		9:45 AM 10:00 AM			9:45 AM 10:00 AM	Room #1	Room #1	9:45 AN			
.0:00 AM .0:15 AM		Practice (Scoring/Defence)	10:00 AM 10:15 AM		Practice (Scoring/Defence)	10:15 AM		Team Event	10:15 AM			10:00 AN			
0:30 AM	Presentation	Rink B	10:30 AM	Presentation	Rink A	10:30 AM			10:30 AM	1		10:30 AN			
0:45 AM	Room #1		10:45 AM	Room #3		10:45 AM	Snack/Warm-Up / Dress		10:45 AM	Team Event	Warm-Up / Dress	10:45 AN			
1:00 AM			11:00 AM			11:00 AM	, , , , , , , , , , , , , , , , , , , ,		11:00 AM			11:00 AN			
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11:45 AM	Canada House		11:45 AM	Canada House		11:45 AM			11:45 AM			11:45 AN			
12:00 PM		Lund	12:00 PM		Lumah	12:00 PM	Practice (Scoring/Defence)	Stretch Out Session	12:00 PM	Presentation	Practice (Scoring/Defence)	12:00 PN			
12:15 PM		Lunch Canada House	12:15 PM	8	Lunch Canada House	12:15 PM	Rink A		12:15 PM	Room #1	Rink B	12:15 PN			
12:30 PM 12:45 PM			12:30 PM			12:30 PM 12:45 PM			12:30 PM 12:45 PM			12:30 PN			
1:00 PM	Presentation	Presentation	12:45 PM 1:00 PM	Presentation	Presentation	1:00 PM		Lunch	1:00 PM	Lunch		12:45 PN 1:00 PM			
1:15 PM	Room #2 (ALL GOALIES ON-iCE	Room #2 (ALL GOALIES ON-ICE		Room #2 (ALL GOALIES ON-ICE	Room #2 (ALL GOALIES ON-ICE	1:15 PM	Cool-Down	Canada House	1:15 PM	Canada House	Cool-Down	1:15 PN			
1:30 PM	1:30-2:15 RINK A)	1:30-2:15 RINK A)	1:30 PM	1:30-2:15 RINK A)	1:30-2:15 RINK A)	1:30 PM			1:30 PM			1:30 PM			
1:45 PM			1:45 PM			1:45 PM	Lunch	Warm-Up / Dress	1:45 PM	Warm-Up / Dress	Lunch	1:45 PN			
2:00 PM			2:00 PM			2:00 PM	Lunch Canada House	warm-op / bress	2:00 PM	J Haim op, Siess	Canada House	2:00 PN			
2:15 PM			2:15 PM	Break (Res) Return to rink 3:00	Break (Res) Return to rink 3:00				2:15 PM			2:15 PM			
2:30 PM 2:45 PM	Break (Res) Return to rink 3:45	Break (Res) Return to rink 3:45	2:30 PM			2:30 PM			2:30 PM			2:30 PM			
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3:15 PM			3:15 PM			3:15 PM		Practice (Scoring/Defence) Rink A	3:15 PM	Practice (Scoring/Defence) Rink B		3:15 PM			
3:30 PM			3:30 PM	Fitness Testing (Lower & Upper)	Fitness Testing (Lower & Upper)	3:30 PM	Team Event	KIIIKA	3:30 PM	KIIIK D		3:30 PM			
3:45 PM			3:45 PM	, , , , , , , , , , , , , , , , , , , ,	,	3:45 PM			3:45 PM			3:45 PN			
4:00 PM	Snack/Warm-Up / Dress	Snack/Warm-Up / Dress	4:00 PM 4:15 PM			4:00 PM 4:15 PM			4:00 PM		Team Event	4:00 PN 4:15 PN			
4:15 PM 4:30 PM			4:30 PM			4:30 PM		Cool-Down	4:15 PM 4:30 PM	Cool-Down		4:30 PM			
4:45 PM			4:45 PM	Team Builder vs. Blue	Team Builder vs. White	4:45 PM			4:45 PM			4:45 PN			
5:00 PM			5:00 PM			5:00 PM			5:00 PM			5:00 PN			
5:15 PM 5:30 PM	Game vs. Blue Rink A	Game vs. White Rink A	5:15 PM 5:30 PM	Dinner Canada House	Dinner Canada House	5:15 PM 5:30 PM	Stretch Out Session	Dinner Canada House	5:15 PM 5:30 PM		Break (Res) Return to rink	5:15 PM 5:30 PM			
5:45 PM			5:45 PM			5:45 PM			5:45 PM	Break (Res) Return to rink		5:45 PM			
6:00 PM			6:00 PM	Warm-Up / Dress	Warm-Up / Dress	6:00 PM		Warm-Up / Dress	6:00 PM			6:00 PM			
6:15 PM		0.15	6:15 PM			6:15 PM	Dinner		6:15 PM		Dinner	6:15 PN			
6:30 PM 6:45 PM	Cool-Down	Cool-Down	6:30 PM 6:45 PM			6:30 PM 6:45 PM	Canada House		6:30 PM 6:45 PM	Dinner	Canada House	6:30 PM 6:45 PM			
7:00 PM			7:00 PM			7:00 PM			7:00 PM	Canada House		7:00 PM			
7:15 PM	Dinner Canada House	Dinner Canada House	7:15 PM	Game vs. Blue	Game vs. White	7:15 PM		Game White vs. Blue Rink A	7:15 PM		<u> </u>	7:15 PM			
7:30 PM			7:30 PM	Rink B	Rink B	7:30 PM	Warm-Up / Dress	Milk A	7:30 PM			7:30 PM			
7:45 PM	Depart for RES	Depart for RES	7:45 PM			7:45 PM			7:45 PM	Warm-Up / Dress	Warm-Up / Dress	7:45 PN			
8:00 PM 8:15 PM			8:00 PM 8:15 PM			8:00 PM 8:15 PM		Cool-Down	8:00 PM 8:15 PM			8:00 PM 8:15 PM			
8:30 PM			8:30 PM	Cool-Down	Cool-Down	8:30 PM		Snack	8:30 PM			8:30 PM			
8:45 PM	Team Builder vs. Blue	Team Builder vs. White	8:45 PM			8:45 PM	Game Red vs. Yellow Rink A	Depart for RES	8:45 PM			8:45 PM			
9:00 PM			9:00 PM	Snack	Snack	9:00 PM			9:00 PM	Game vs. White	Game vs. Blue	9:00 PN			
9:15 PM 9:30 PM			9:15 PM 9:30 PM	Depart for RES	Depart for RES	9:15 PM			9:15 PM 9:30 PM	Rink B	Rink B	9:15 PM			
9:30 PM 9:45 PM	LIGHTS OUT	LIGHTS OUT	9:30 PM 9:45 PM			9:30 PM 9:45 PM	Cool-Down		9:30 PM 9:45 PM			9:30 PN 9:45 PN			
L0:00 PM			10:00 PM	LIGHTS OUT	LIGHTS OUT	10:00 PM	Snack		10:00 PM	Cool-Down	Cool-Down	10:00 Pf			
10:15 PM			10:15 PM			10:15 PM	Depart for RES	LIGHTS OUT	10:15 PM			10:15 PN			
10:30 PM			10:30 PM			10:30 PM	LIGHTS OUT		10:30 PM	Snack	Snack	10:30 PN			
10:45 PM 11:00 PM			10:45 PM	1		10:45 PM		}	10:45 PM	Depart for RES LIGHTS OUT	Depart for RES LIGHTS OUT	10:45 PM 11:00 PM			
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				20:	18 HIGH PERFORMANCE PR	OGRAM SL	IMMER CAMP - CORNER BR	ООК							
TIME	FU16 WHITE	FU16 BLUE	TIME	FU18 WHITE	FU18 BLUE	TIME	MU14 RED & White	MU14 YELLOW & BLUE	TIME	MU15 WHITE	MU15 BLUE	TIME			
6:00 AM		······	6:00 AM	,	}	6:00 AM	}	WAKE UP	6:00 AM	WAKE UP		6:00 AM			
6:15 AM			6:15 AM		{	6:15 AM	WAYELIO	Depart for Civic Centre	6:15 AM	Depart for Civic Centre	WAKE UR	6:15 AM			
6:30 AM 6:45 AM			6:30 AM 6:45 AM		{ }	6:30 AM 6:45 AM	WAKE UP Depart for Civic Centre	Breakfast Canada House	6:30 AM 6:45 AM	Breakfast Canada House	WAKE UP Depart for Civic Centre	6:30 AM 6:45 AM			
7:00 AM			7:00 AM		}	7:00 AM	Breakfast		7:00 AM		Breakfast	7:00 AM			
7:15 AM	WAKE UP	WAKE UP	7:15 AM	WAKE UP	WAKE UP	7:15 AM	Canada House	Warm-Up / Dress	7:15 AM	Warm-Up / Dress	Canada House	7:15 AM			
7:30 AM	Depart for Civic Centre	Depart for Civic Centre	7:30 AM	Depart for Civic Centre	Depart for Civic Centre	7:30 AM			7:30 AM			7:30 AM			
7:45 AM			7:45 AM			7:45 AM	×4		7:45 AM	~~ ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	Presentation	7:45 AM			
8:00 AM	Breakfast Canada House	Breakfast Canada House	8:00 AM	Breakfast Canada House	Breakfast Canada House	8:00 AM	Room #1		8:00 AM		Room #3	8:00 AM			
8:15 AM	Canada House	Callada House	8:15 AM	Callada House	Callada House	8:15 AM		Practice (Small Area Games)	8:15 AM	Practice (Small Area Games)		8:15 AM			
8:30 AM			8:30 AM		8:30 AM	Rink B		8:30 AM							
8:45 AM			8:45 AM			8:45 AM	Warm-Up / Dress		8:45 AM		Warm-Up / Dress	8:45 AM			
9:00 AM	Presentation (All FU16 Players)	Presentation (All FU16 Players)	9:00 AM	Presentation (All FU18 Players)	Presentation (All FU18 Players)	9:00 AM		1	9:00 AM			9:00 AN			
9:15 AM	Room #1	Room #1	9:15 AM	Room #2	Room #2	9:15 AM		Cool-Down	9:15 AM	Cool-Down		9:15 AM			
9:30 AM			9:30 AM			9:30 AM	Practice (Small Area Games) Rink A		9:30 AM	}	Practice (Small Area Games) Rink B	9:30 AM			
9:45 AM 10:00 AM	W U- / D		9:45 AM 10:00 AM	Manua II. / Dana		9:45 AM 10:00 AM	MIIKA		9:45 AM 10:00 AM	}	Kilik D	9:45 AM 10:00 AN			
10:00 AM	Warm-Up / Dress		10:00 AM	Warm-Up / Dress		10:00 AM		D	10:00 AM	i e		10:00 AN			
10:30 AM		Presentation (FU16 & FU18)	10:30 AM		Presentation (FU16 & FU18)	10:30 AM		Presentation Room #1	10:30 AM	₹		10:30 AN			
10:45 AM	Practice (Small Area Games)	Room #2	10:45 AM	Practice (Small Area Games)	Room #2	10:45 AM			10:45 AM	}		10:45 AN			
11:00 AM	Rink A		11:00 AM	Rink B		11:00 AM	D.		11:00 AM		Cool-Down	11:00 AN			
11:15 AM		Warm-Up / Dress	11:15 AM		Warm-Up / Dress	11:15 AM		Lunch Canada House	11:15 AM	Lunch		11:15 AN			
11:30 AM			11:30 AM			11:30 AM		Canada House	11:30 AM	Canada House		11:30 AN			
11:45 AM	Cool-Down		11:45 AM	Cool-Down		11:45 AM	1 1		11:45 AM		1	11:45 AN			
12:00 PM	COOI-DOWII	Practice (Small Area Games)	12:00 PM	COOI-DOWII	Practice (Small Area Games)	12:00 PM	Lunch Canada House	Presentation	12:00 PM	Presentation	Lunch Canada House	12:00 PN			
12:15 PM		Rink A	Rink A	Rink A		12:15 PM		Rink B	12:15 PM		Room #1	12:15 PM	·>		12:15 PN
12:30 PM			12:30 PM			12:30 PM			12:30 PM		1	12:30 PM			
12:45 PM	Lunch	Cool-Down	12:45 PM	Lunch	Cool-Down	12:45 PM			12:45 PM		Presentation	12:45 PN			
1:00 PM	Canada House		1:00 PM	Canada House		1:00 PM	Room #1		1:00 PM		Room #3	1:00 PM			
1:15 PM			1:15 PM			1:15 PM			1:15 PM			1:10 PM			
1:30 PM	Presentation (FU16 & FU18)	Lunch	1:30 PM 1:45 PM	Presentation (FU16 & FU18)	Lunch	1:30 PM 1:45 PM			1:30 PM 1:45 PM			1:30 PM			
1:45 PM	Room #2	Canada House		Room #2	Canada House		All MU14 Goalies On-ice Rink B	All MU14 Goalies On-ice Rink B		All MU15 Goalies On-ice Rink B	All MU15 Goalies On-ice Rink B	1:45 PM			
2:00 PM			2:00 PM			2:00 PM			2:00 PM			2:00 PM			
2:15 PM			2:15 PM			2:15 PM			2:15 PM			2:15 PM			
2:30 PM	Break (Res) Return to rink 4:30	Break (Res) Return to rink 4:30	2:30 PM	Break (Res) Return to rink 4:30	Break (Res) Return to rink 4:30	2:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down	2:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down	2:30 PM			
2:45 PM	,,	, ,	2:45 PM		,	2:45 PM		, , , , , , , , , , , , , , , , , , , ,	2:45 PM		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	2:45 PM			
3:00 PM			3:00 PM			3:00 PM			3:00 PM			3:00 PM			
3:15 PM			3:15 PM			3:15 PM			3:15 PM			3:15 PM			
3:30 PM	All FU16 Goalies On-ice (A)	All FU16 Goalies On-ice (A)	3:30 PM	All FU16 Goalies On-ice (A)	All FU16 Goalies On-ice (A)	3:30 PM		Const. Attorno Un. / Dunca	3:30 PM	Break (Res)	Break (Res)	3:30 PM			
3:45 PM 4:00 PM			3:45 PM 4:00 PM			3:45 PM 4:00 PM	1	Snack/Warm-Up / Dress	3:45 PM 4:00 PM	-		3:45 PM 4:00 PM			
4:15 PM			4:15 PM			4:15 PM	i		4:15 PM			4:15 PM			
4:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down	4:30 PM	(Goalies) Cool-Down	(Goalies) Cool-Down	4:30 PM	1		4:30 PM	Dinner	Dinner	4:30 PM			
4:45 PM			4:45 PM			4:45 PM	1	Game Yellow vs. Blue	4:45 PM	Canada House	Canada House	4:45 PM			
5:00 PM			5:00 PM	Dinner	Dinner	5:00 PM	1	Rink B	5:00 PM			5:00 PM			
5:15 PM	Fitness Testing (Lower & Upper)	Fitness Testing (Lower & Upper)	5:15 PM	Canada House	Canada House	5:15 PM	<u></u>		5:15 PM	Warm-Up / Dress	Warm-Up / Dress	5:15 PM			
5:30 PM			5:30 PM		_	5:30 PM	Die	Cool-Down	5:30 PM		<u> </u>	5:30 PM			
5:45 PM			5:45 PM	Warm-Up / Dress	Warm-Up / Dress	5:45 PM	Dinner Canada House	COO. DOWN	5:45 PM			5:45 PM			
6:00 PM	Dinner	Dinner	6:00 PM	,	,	6:00 PM		Dinner	6:00 PM			6:00 PM			
6:15 PM	Canada House	Canada House	6:15 PM			6:15 PM		Canada House	6:15 PM	Game vs. Blue Rink B	Game vs. White	6:15 PM			
6:30 PM			6:30 PM			6:30 PM			6:30 PM	KINK B	KINK B	6:30 PM			
6:45 PM			6:45 PM	Company Plan	Come on Milita	6:45 PM	Warm-Up / Dress	Depart for RES	6:45 PM			6:45 PM			
7:00 PM			7:00 PM	Game vs. Blue Rink A	Game vs. White Rink A	7:00 PM 7:15 PM	1		7:00 PM			7:00 PM			
7:15 PM 7:30 PM	Warm-Up / Dress	Warm-Up / Dress	7:15 PM 7:30 PM			7:15 PM 7:30 PM			7:15 PM 7:30 PM	Cool-Down	Cool-Down	7:15 PM 7:30 PM			
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7:45 PM 8:00 PM			8:00 PM			7:45 PM 8:00 PM	Game Red vs. White		7:45 PM 8:00 PM	Snack	Snack	7:45 PM 8:00 PM			
8:15 PM			8:15 PM	Cool-Down	Cool-Down	8:15 PM	Rink B		8:15 PM	Depart for RES	Depart for RES	8:15 PM			
8:30 PM			8:30 PM			8:30 PM			8:30 PM			8:30 PM			
8:45 PM	Game vs. Blue	Game vs. White	8:45 PM	Snack	Snack	8:45 PM	Cool Dawn	1	8:45 PM			8:45 PM			
9:00 PM	Rink A	Rink A	9:00 PM	Depart for RES	Depart for RES	9:00 PM	Cool-Down		9:00 PM			9:00 PM			
9:15 PM			9:15 PM			9:15 PM	Snack		9:15 PM	]	ļ <del></del>	9:15 PM			
9:30 PM			9:30 PM			9:30 PM	Depart for RES		9:30 PM	}	<b>{</b>	9:30 PM			
9:45 PM	Cool-Down	Cool-Down	9:45 PM			9:45 PM			9:45 PM			9:45 PM			
10:00 PM			10:00 PM	LIGHTS OUT	LIGHTS OUT	10:00 PM	LIGHTS OUT	LIGHTS OUT	10:00 PM	·	LIGHTS OUT	10:00 PN			
10:15 PM	Snack	Snack	10:15 PM			10:15 PM	1		10:15 PM	4	<b></b>	10:15 PN			
10:30 PM 10:45 PM	Depart for RES	Depart for RES	10:30 PM			10:30 PM	1		10:30 PM	ļ	1	10:30 PN			
	LIGHTS OUT	LIGHTS OUT	10:45 PM			10:45 PM	I		10:45 PM	II .	)	10:45 PN			

## DAY 6: TUESDAY, AUGUST 7

				20	18 HIGH PERFORMANCE PE	ROGRAM SU	MMER CAMP - CORNER BI	ROOK				
TIME	FU16 WHITE	FU16 BLUE	TIME	FU18 WHITE	FU18 BLUE	TIME	MU14 RED & Blue	MU14 WHITE & Yellow	TIME	MU15 WHITE	MU15 BLUE	TIME
6:00 AM			6:00 AM		•	6:00 AM		•	6:00 AM		•	6:00 AM
6:15 AM		`	6:15 AM			6:15 AM			6:15 AM			6:15 AM
6:30 AM			6:30 AM	Bring Luggage to Are	na (Meeting Room #1)	6:30 AM			6:30 AM	Bring Luggage to Area	na (Meeting Room #2)	6:30 AM
6:45 AM			6:45 AM	WAKE UP	WAKE UP	6:45 AM			6:45 AM	WAKE UP	WAKE UP	6:45 AM
7:00 AM			7:00 AM	Depart for Civic Centre	Depart for Civic Centre	7:00 AM			7:00 AM	Depart for Civic Centre	Depart for Civic Centre	7:00 AM
7:15 AM			7:15 AM	Breakfast	Breakfast	7:15 AM	Bring Luggage to Are	na (Meeting Room #3)	7:15 AM	Breakfast	Breakfast	7:15 AM
7:30 AM			7:30 AM	Canada House	Canada House	7:30 AM			7:30 AM	Canada House	Canada House	7:30 AM
7:45 AM			7:45 AM			7:45 AM		_	7:45 AM			7:45 AM
8:00 AM	Bring Luggage to Are	na (Meeting Room #1)	8:00 AM			8:00 AM	WAKE UP		8:00 AM			8:00 AM
8:15 AM	WAKE UP	WAKE UP	8:15 AM	Warm-Up / Dress	Warm-Up / Dress	8:15 AM	Remaining Interviews		8:15 AM	Warm-Up / Dress	Warm-Up / Dress	8:15 AM
8:30 AM	Depart for Civic Centre	Depart for Civic Centre	8:30 AM	567	2,7	8:30 AM	Residence (Lounge)		8:30 AM	,		8:30 AM
8:45 AM	Breakfast	Breakfast	8:45 AM			8:45 AM	Depart for Civic Centre	WAKE UP	8:45 AM			8:45 AM
9:00 AM	Canada House	Canada House	9:00 AM			9:00 AM	Breakfast	Depart for Civic Centre	9:00 AM			9:00 AM
9:15 AM		9:15 AM			9:15 AM Canada House Remaining Intervi	Remaining Interviews	9:15 AM			9:15 AM		
9:30 AM		I	9:30 AM	Game vs. Blue	Game vs. White	9:30 AM	Residence (Lounge)		9:30 AM	Game vs. Blue	Game vs. White	9:30 AM
9:45 AM			9:45 AM	Rink A	Rink A	9:45 AM			9:45 AM	Rink B	Rink B	9:45 AM
10:00 AM	Warm-Up / Dress	Warm-Up / Dress	10:00 AM			10:00 AM	Warm-Up / Dress	Depart for Civic Centre	10:00 AM			10:00 AM
10:15 AM			10:15 AM			10:15 AM		Breakfast	10:15 AM			10:15 AM
10:30 AM			10:30 AM	Players Depart	After Final Game	10:30 AM		Canada House	10:30 AM	Players Depart	After Final Game	10:30 AM
10:45 AM			10:45 AM			10:45 AM			10:45 AM			10:45 AM
11:00 AM			11:00 AM			11:00 AM	Game Red vs. Blue		11:00 AM			11:00 AM
11:15 AM	Game vs. Blue Rink A	Game vs. White Rink A	11:15 AM			11:15 AM	Rink B		11:15 AM			11:15 AM
11:30 AM	NIIKA	Kilik A	11:30 AM			11:30 AM		Warm-Up / Dress	11:30 AM			11:30 AM
11:45 AM 12:00 PM			11:45 AM 12:00 PM			11:45 AM	Players Depart After Final Game		11:45 AM 12:00 PM			11:45 AM 12:00 PM
12:00 PM	Players Depart	After Final Game	12:00 PM				Players Depart After Final Game		<b></b>			
12:30 PM	ridyers Depart	tyter rinar dame	12:30 PM			12:15 PM 12:30 PM			12:15 PM			12:15 PM 12:30 PM
12:45 PM			12:45 PM			12:45 PM		Game White vs. Yellow	12:30 PM 12:45 PM			12:45 PM
1:00 PM			1:00 PM			1:00 PM		Rink B	1:00 PM			1:00 PM
1:15 PM			1:15 PM			1:15 PM			1:15 PM			1:15 PM
1:30 PM			1:30 PM			1:30 PM		Players Depart After Final Game	1:30 PM			1:30 PM
1.30 FIVI			1.30 FIVI			1.30 FIVI		Jepant Ayter Final dume	1.30 FIVI			1.301111