

DAY 1: THURSDAY, AUGUST 2

[illegible]

DAY 2: FRIDAY, AUGUST 3

| 2018 HIGH PERFORMANCE PROGRAM SUMMER CAMP - CORNER BROOK | | | | | | | | | | | | |
|--|---|---|----------|--|--|----------|---|---|----------|--|--|----------|
| 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 | WAKE UP | WAKE UP | 6:00 AM | | | 6:00 AM | | WAKE UP | 6:00 AM | | | 6:00 AM |
| 6:15 AM | | | 6:15 AM | | | 6:15 AM | | Depart for Civic Centre | 6:15 AM | | | 6:15 AM |
| 6:30 AM | Breakfast Canada House | Breakfast Canada House | 6:30 AM | | | 6:30 AM | | | 6:30 AM | WAKE UP | WAKE UP | 6:30 AM |
| 6:45 AM | | | 6:45 AM | | | 6:45 AM | WAKE UP | Breakfast Canada House | 6:45 AM | Depart for Civic Centre | Depart for Civic Centre | 6:45 AM |
| 7:00 AM | | | 7:00 AM | | | 7:00 AM | Depart for Civic Centre | | 7:00 AM | Breakfast Canada House | Breakfast Canada House | 7:00 AM |
| 7:15 AM | | | 7:15 AM | | | 7:15 AM | Breakfast Canada House | | 7:15 AM | | | 7:15 AM |
| 7:30 AM | Warm-Up / Dress | Team Builder | 7:30 AM | WAKE UP | WAKE UP | 7:30 AM | | | 7:30 AM | | | 7:30 AM |
| 7:45 AM | | | 7:45 AM | Depart for Civic Centre | Depart for Civic Centre | 7:45 AM | | Warm-Up / Dress | 7:45 AM | Presentation Room #2 | Presentation Room #2 | 7:45 AM |
| 8:00 AM | | | 8:00 AM | Breakfast Canada House | Breakfast Canada House | 8:00 AM | | | 8:00 AM | | | 8:00 AM |
| 8:15 AM | Practice (Style of Play) Rink A | Presentation Room #1 | 8:15 AM | | | 8:15 AM | Presentation Room #3 | Practice (Style of Play) Rink B | 8:15 AM | | | 8:15 AM |
| 8:30 AM | | | 8:30 AM | | | 8:30 AM | | | 8:30 AM | | | 8:30 AM |
| 8:45 AM | | | 8:45 AM | | | 8:45 AM | | | 8:45 AM | | | 8:45 AM |
| 9:00 AM | | Warm-Up / Dress | 9:00 AM | Presentation (ALL FU18) Room #2 | Presentation (ALL FU18) Room #2 | 9:00 AM | Warm-Up / Dress | | 9:00 AM | Fitness Testing - Aerobic (ALL MU15 Players) GYM | Fitness Testing - Aerobic (ALL MU15 Players) GYM | 9:00 AM |
| 9:15 AM | | | 9:15 AM | | | 9:15 AM | | | 9:15 AM | | | 9:15 AM |
| 9:30 AM | Cool-Down | | 9:30 AM | | | 9:30 AM | | | 9:30 AM | | | 9:30 AM |
| 9:45 AM | | Practice (Style of Play) Rink A | 9:45 AM | | | 9:45 AM | | | 9:45 AM | | | 9:45 AM |
| 10:00 AM | Presentation Room #1 | | 10:00 AM | Team Builder | Team Builder | 10:00 AM | Practice (Style of Play) Rink B | | 10:00 AM | | | 10:00 AM |
| 10:15 AM | | | 10:15 AM | | | 10:15 AM | | | 10:15 AM | | | 10:15 AM |
| 10:30 AM | | | 10:30 AM | | | 10:30 AM | | | 10:30 AM | | | 10:30 AM |
| 10:45 AM | | | 10:45 AM | | | 10:45 AM | | | 10:45 AM | | | 10:45 AM |
| 11:00 AM | Team Builder | Cool-Down | 11:00 AM | | | 11:00 AM | | | 11:00 AM | Snack/Warm-Up / Dress | Snack/Warm-Up / Dress | 11:00 AM |
| 11:15 AM | | | 11:15 AM | | | 11:15 AM | Cool-Down | Team Builder | 11:15 AM | | | 11:15 AM |
| 11:30 AM | | | 11:30 AM | Aerobic Fitness Testing - (ALL FU18 Players) | Aerobic Fitness Testing - (ALL FU18 Players) | 11:30 AM | | | 11:30 AM | | | 11:30 AM |
| 11:45 AM | | | 11:45 AM | | | 11:45 AM | | | 11:45 AM | | | 11:45 AM |
| 12:00 PM | Lunch Canada House | Lunch Canada House | 12:00 PM | | | 12:00 PM | Lunch Canada House | Lunch Canada House | 12:00 PM | Practice (Style of Play) Rink A | Practice (Style of Play) Rink B | 12:00 PM |
| 12:15 PM | | | 12:15 PM | | | 12:15 PM | | | 12:15 PM | | | 12:15 PM |
| 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM |
| 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM |
| 1:00 PM | Team Builder vs. Blue | Team Builder vs. White | 1:00 PM | Lunch Canada House | Lunch Canada House | 1:00 PM | | | 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 | | | 1:30 PM | Lunch Canada House | Lunch Canada House | 1:30 PM |
| 1:45 PM | | | 1:45 PM | | | 1:45 PM | | | 1:45 PM | | | 1:45 PM |
| 2:00 PM | | | 2:00 PM | Warm-Up / Dress | Warm-Up / Dress | 2:00 PM | Fitness Testing - Aerobic (ALL MU14 Players) | Fitness Testing - Aerobic (ALL MU14 Players) | 2:00 PM | | | 2:00 PM |
| 2:15 PM | Break | Break | 2:15 PM | | | 2:15 PM | | | 2:15 PM | Presentation (ALL MU15) Room #2 | Presentation (ALL MU15) Room #2 | 2:15 PM |
| 2:30 PM | | | 2:30 PM | | | 2:30 PM | | | 2:30 PM | | | 2:30 PM |
| 2:45 PM | | | 2:45 PM | Practice (Style of Play) Rink A | Practice (Style of Play) Rink B | 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 | Snack | Snack | 3:15 PM | | | 3:15 PM |
| 3:30 PM | | | 3:30 PM | | | 3:30 PM | | | 3:30 PM | Team Builder vs. Team Blue | Team Builder vs. Team White | 3:30 PM |
| 3:45 PM | | | 3:45 PM | | | 3:45 PM | Break | Break | 3:45 PM | | | 3:45 PM |
| 4:00 PM | Fitness Testing - Aerobic (ALL FU16 Players) | Fitness Testing - Aerobic (ALL FU16 Players) | 4:00 PM | Cool-Down | Cool-Down | 4:00 PM | | | 4:00 PM | | | 4:00 PM |
| 4:15 PM | | | 4:15 PM | | | 4:15 PM | | | 4:15 PM | | | 4:15 PM |
| 4:30 PM | | | 4:30 PM | | | 4:30 PM | Warm-Up / Dress | Warm-Up / Dress | 4:30 PM | | | 4:30 PM |
| 4:45 PM | | | 4:45 PM | | | 4:45 PM | | | 4:45 PM | | | 4:45 PM |
| 5:00 PM | Dinner Canada House | Dinner Canada House | 5:00 PM | Break | Break | 5:00 PM | Practice (With a Puck) Rink A | Practice (With a Puck) Rink B | 5:00 PM | Break | Break | 5:00 PM |
| 5:15 PM | | | 5:15 PM | | | 5:15 PM | | | 5:15 PM | | | 5:15 PM |
| 5:30 PM | | | 5:30 PM | | | 5:30 PM | | | 5:30 PM | | | 5:30 PM |
| 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM |
| 6:00 PM | Warm-Up / Dress | Warm-Up / Dress | 6:00 PM | Dinner Canada House | Dinner Canada House | 6:00 PM | Cool-Down | Cool-Down | 6:00 PM | Dinner Canada House | Dinner Canada House | 6:00 PM |
| 6:15 PM | | | 6:15 PM | | | 6:15 PM | | | 6:15 PM | | | 6:15 PM |
| 6:30 PM | | | 6:30 PM | | | 6:30 PM | | | 6:30 PM | | | 6:30 PM |
| 6:45 PM | | | 6:45 PM | Presentation (ALL FU18 Players) Room #1 | Presentation (ALL FU18 Players) Room #1 | 6:45 PM | Dinner Canada House | Dinner Canada House | 6:45 PM | Presentation (ALL MU15 Players) Room #2 | Presentation (ALL MU15 Players) Room #2 | 6:45 PM |
| 7:00 PM | Practice (With a Puck) Rink A | Practice (With a Puck) Rink B | 7:00 PM | | | 7:00 PM | | | 7:00 PM | | | 7:00 PM |
| 7:15 PM | | | 7:15 PM | | | 7:15 PM | | | 7:15 PM | | | 7:15 PM |
| 7:30 PM | | | 7:30 PM | Warm-Up / Dress | Break (Later Finish) | 7:30 PM | Presentation (ALL MU14 Players) Room #2 | Presentation (ALL MU14 Players) Room #2 | 7:30 PM | Break (Later Finish) | Warm-Up / Dress | 7:30 PM |
| 7:45 PM | | | 7:45 PM | | | 7:45 PM | | | 7:45 PM | | | 7:45 PM |
| 8:00 PM | Cool-Down/Snack | Cool-Down/Snack | 8:00 PM | Practice (With a Puck) Rink A | | 8:00 PM | | | 8:00 PM | | | 8:00 PM |
| 8:15 PM | | | 8:15 PM | | | 8:15 PM | Depart for RES | Depart for RES | 8:15 PM | | Practice (With a Puck) Rink B | 8:15 PM |
| 8:30 PM | | | 8:30 PM | | | 8:30 PM | | | 8:30 PM | | | 8:30 PM |
| 8:45 PM | Presentation (ALL FU16) Room #2 | Presentation (ALL FU16) Room #2 | 8:45 PM | | | 8:45 PM | | | 8:45 PM | Warm-Up / Dress | | 8:45 PM |
| 9:00 PM | | | 9:00 PM | | | 9:00 PM | | | 9:00 PM | | | 9:00 PM |
| 9:15 PM | Depart for RES | Depart for RES | 9:15 PM | Cool-Down/Snack | | 9:15 PM | | | 9:15 PM | | | 9:15 PM |
| 9:30 PM | | | 9:30 PM | | | 9:30 PM | Practice (With a Puck) Rink A | | 9:30 PM | Practice (With a Puck) Rink B | | 9:30 PM |
| 9:45 PM | | | 9:45 PM | Depart for RES | | 9:45 PM | | | 9:45 PM | | Depart for RES | 9:45 PM |
| 10:00 PM | LIGHTS OUT | LIGHTS OUT | 10:00 PM | | | 10:00 PM | LIGHTS OUT | LIGHTS OUT | 10:00 PM | | | 10:00 PM |
| 10:15 PM | | | 10:15 PM | LIGHTS OUT | | 10:15 PM | | | 10:15 PM | | LIGHTS OUT | 10:15 PM |
| 10:30 PM | | | 10:30 PM | | | 10:30 PM | | | 10:30 PM | Cool-Down/Snack | | 10:30 PM |
| 10:45 PM | | | 10:45 PM | | | 10:45 PM | | | 10:45 PM | | | 10:45 PM |
| 11:00 PM | | | 11:00 PM | | | 11:00 PM | | | 11:00 PM | Depart for RES | | 11:00 PM |
| 11:15 PM | | | 11:15 PM | | | 11:15 PM | | | 11:15 PM | LIGHTS OUT | | 11:15 PM |

DAY 3: SATURDAY, AUGUST 4

| 2018 HIGH PERFORMANCE PROGRAM SUMMER CAMP - CORNER BROOK | | | | | | | | | | | |
|--|---------------------------------|---------------------------------|----------|---------------------------------|---------------------------------|----------|-----------------------------------|-----------------------------------|----------|---------------------------------|---------------------------------|
| TIME | FU16 WHITE | FU16 BLUE | TIME | FU18 WHITE | FU18 BLUE | TIME | MU14 RED & BLUE | MU14 WHITE & YELLOW | TIME | MU15 WHITE | MU15 BLUE |
| 6:00 AM | | | 6:00 AM | | | 6:00 AM | WAKE UP | | 6:00 AM | WAKE UP | |
| 6:15 AM | | | 6:15 AM | | | 6:15 AM | Depart for Civic Centre | | 6:15 AM | Depart for Civic Centre | |
| 6:30 AM | | | 6:30 AM | | | 6:30 AM | Breakfast | WAKE UP | 6:30 AM | Breakfast | WAKE UP |
| 6:45 AM | | | 6:45 AM | | | 6:45 AM | Canada House | Depart for Civic Centre | 6:45 AM | Canada House | Depart for Civic Centre |
| 7:00 AM | | | 7:00 AM | | | 7:00 AM | | Breakfast | 7:00 AM | Breakfast | |
| 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 |
| 7:30 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 | | |
| 7:45 AM | | | 7:45 AM | | | 7:45 AM | | Presentation | 7:45 AM | | Presentation |
| 8:00 AM | Breakfast | Breakfast | 8:00 AM | Breakfast | Breakfast | 8:00 AM | Practice (Without a Puck) | Room #1 | 8:00 AM | Practice (Without a Puck) | Room #2 |
| 8:15 AM | Canada House | Canada House | 8:15 AM | Canada House | Canada House | 8:15 AM | Rink A | | 8:15 AM | Rink B | |
| 8:30 AM | | | 8:30 AM | | | 8:30 AM | | Warm-Up / Dress | 8:30 AM | Warm-Up / Dress | |
| 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 | | |
| 9:00 AM | Room #1 | Room #1 | 9:00 AM | Room #3 | Room #3 | 9:00 AM | | | 9:00 AM | | |
| 9:15 AM | | | 9:15 AM | | | 9:15 AM | Cool-Down | Practice (Without a Puck) | 9:15 AM | Cool-Down | Practice (Without a Puck) |
| 9:30 AM | | | 9:30 AM | | | 9:30 AM | | Rink A | 9:30 AM | | Rink B |
| 9:45 AM | Warm-Up / Dress | | 9:45 AM | Warm-Up / Dress | | 9:45 AM | | | 9:45 AM | | |
| 10:00 AM | | Team Builder | 10:00 AM | | Team Builder | 10:00 AM | Presentation | | 10:00 AM | | |
| 10:15 AM | | | 10:15 AM | | | 10:15 AM | Room #1 | Cool-Down | 10:15 AM | Presentation | |
| 10:30 AM | Practice (Without a Puck) | | 10:30 AM | Practice (Without a Puck) | | 10:30 AM | | | 10:30 AM | Room #2 | Cool-Down |
| 10:45 AM | Rink A | | 10:45 AM | Rink B | | 10:45 AM | | | 10:45 AM | | |
| 11:00 AM | | Warm-Up / Dress | 11:00 AM | | Warm-Up / Dress | 11:00 AM | | | 11:00 AM | | |
| 11:15 AM | | | 11:15 AM | | | 11:15 AM | Lunch | | 11:15 AM | | |
| 11:30 AM | Cool-Down | | 11:30 AM | Cool-Down | | 11:30 AM | Canada House | Lunch | 11:30 AM | Canada House | |
| 11:45 AM | | Practice (Without a Puck) | 11:45 AM | | Practice (Without a Puck) | 11:45 AM | | | 11:45 AM | | |
| 12:00 PM | Lunch | | 12:00 PM | Lunch | | 12:00 PM | Presentation | Room #2 | 12:00 PM | | |
| 12:15 PM | Canada House | | 12:15 PM | Canada House | | 12:15 PM | Room #2 | | 12:15 PM | | |
| 12:30 PM | | Cool-Down | 12:30 PM | | Cool-Down | 12:30 PM | | | 12:30 PM | | |
| 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM | Break (Res) | Break (Res) |
| 1:00 PM | | Lunch | 1:00 PM | | Lunch | 1:00 PM | Fitness Testing (Lower & Upper) | | 1:00 PM | | |
| 1:15 PM | Team Builder | Canada House | 1:15 PM | Team Builder | Canada House | 1:15 PM | | | 1:15 PM | | |
| 1:30 PM | | | 1:30 PM | | | 1:30 PM | | | 1:30 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) |
| 2:15 PM | | | 2:15 PM | | | 2:15 PM | | | 2:15 PM | (2:00 - 3:30) | (2:00 - 3:30) |
| 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 | All MU14 Goalties On-ice | All MU14 Goalties On-ice | 2:30 PM | All MU15 Goalties On-ice | All MU15 Goalties On-ice |
| 2:45 PM | | | 2:45 PM | | | 2:45 PM | Rink B | Rink B | 2:45 PM | Rink B | Rink B |
| 3:00 PM | | | 3:00 PM | | | 3:00 PM | | | 3:00 PM | 2:30-3:15 | 2:30-3:15 |
| 3:15 PM | | | 3:15 PM | | | 3:15 PM | (Goalies) Cool-Down | (Goalies) Cool-Down | 3:15 PM | (Goalies) Cool-Down | (Goalies) Cool-Down |
| 3:30 PM | | | 3:30 PM | | | 3:30 PM | | | 3:30 PM | | |
| 3:45 PM | All FU16 Goalties On-ice (A) | All FU16 Goalties On-ice (A) | 3:45 PM | All FU18 Goalties On-ice (A) | All FU18 Goalties On-ice (A) | 3:45 PM | | Presentation | 3:45 PM | | |
| 4:00 PM | | | 4:00 PM | | | 4:00 PM | Snack/Warm-Up / Dress | Room #1 | 4:00 PM | Stretch Session (Gym) | Stretch Session (Gym) |
| 4:15 PM | (Goalies) Cool-Down | (Goalies) Cool-Down | 4:15 PM | (Goalies) Cool-Down | (Goalies) Cool-Down | 4:15 PM | | | 4:15 PM | | |
| 4:30 PM | | | 4:30 PM | | | 4:30 PM | | | 4:30 PM | | |
| 4:45 PM | | | 4:45 PM | | | 4:45 PM | | Dinner | 4:45 PM | Dinner | Dinner |
| 5:00 PM | Presentation Room #2 | Presentation Room #2 | 5:00 PM | Presentation Room #2 | Presentation Room #2 | 5:00 PM | Game Red vs. Blue | Canada House | 5:00 PM | Canada House | Canada House |
| 5:15 PM | | | 5:15 PM | | | 5:15 PM | Rink A | | 5:15 PM | | |
| 5:30 PM | | | 5:30 PM | | | 5:30 PM | | Warm-Up / Dress | 5:30 PM | Warm-Up / Dress | Warm-Up / Dress |
| 5:45 PM | Dinner | Dinner | 5:45 PM | Dinner | Dinner | 5:45 PM | | | 5:45 PM | | |
| 6:00 PM | Canada House | Canada House | 6:00 PM | Canada House | Canada House | 6:00 PM | | | 6:00 PM | | |
| 6:15 PM | | | 6:15 PM | | | 6:15 PM | | | 6:15 PM | | |
| 6:30 PM | | | 6:30 PM | | | 6:30 PM | Cool-Down | | 6:30 PM | | |
| 6:45 PM | | | 6:45 PM | | | 6:45 PM | | | 6:45 PM | | |
| 7:00 PM | | | 7:00 PM | | | 7:00 PM | | Game White vs. Yellow | 7:00 PM | Game vs. Blue | Game vs. White |
| 7:15 PM | | | 7:15 PM | | | 7:15 PM | Dinner | Rink A | 7:15 PM | Rink B | Rink B |
| 7:30 PM | Warm-Up / Dress | Warm-Up / Dress | 7:30 PM | Warm-Up / Dress | Warm-Up / Dress | 7:30 PM | Canada House | | 7:30 PM | | |
| 7:45 PM | | | 7:45 PM | | | 7:45 PM | | | 7:45 PM | | |
| 8:00 PM | | | 8:00 PM | | | 8:00 PM | Presentation | | 8:00 PM | | |
| 8:15 PM | | | 8:15 PM | | | 8:15 PM | Room #1 | Cool-Down | 8:15 PM | Cool-Down | Cool-Down |
| 8:30 PM | | | 8:30 PM | | | 8:30 PM | Depart for RES | | 8:30 PM | | |
| 8:45 PM | Game vs. Blue | Game vs. White | 8:45 PM | Game vs. Blue | Game vs. White | 8:45 PM | | Snack | 8:45 PM | Snack | Snack |
| 9:00 PM | Rink A | Rink A | 9:00 PM | Rink B | Rink B | 9:00 PM | | Depart for RES | 9:00 PM | Depart for RES | Depart for RES |
| 9:15 PM | | | 9:15 PM | | | 9:15 PM | | | 9:15 PM | | |
| 9:30 PM | | | 9:30 PM | | | 9:30 PM | | | 9:30 PM | | |
| 9:45 PM | | | 9:45 PM | | | 9:45 PM | LIGHTS OUT | LIGHTS OUT | 9:45 PM | LIGHTS OUT | LIGHTS OUT |
| 10:00 PM | Cool-Down | Cool-Down | 10:00 PM | Cool-Down | Cool-Down | 10:00 PM | | | 10:00 PM | | |
| 10:15 PM | | | 10:15 PM | | | 10:15 PM | | | 10:15 PM | | |
| 10:30 PM | Snack | Snack | 10:30 PM | Snack | Snack | 10:30 PM | | | 10:30 PM | | |
| 10:45 PM | Depart for RES | Depart for RES | 10:45 PM | Depart for RES | Depart for RES | 10:45 PM | | | 10:45 PM | | |
| | LIGHTS OUT | LIGHTS OUT | | LIGHTS OUT | LIGHTS OUT | | | | | | |

DAY 4: SUNDAY, AUGUST 5

| 2018 HIGH PERFORMANCE PROGRAM SUMMER CAMP - CORNER BROOK | | | | | | | | | | | | |
|--|---|---|----------|---|---|----------|---|-------------------------|----------|--|--|----------|
| TIME | FU16 WHITE | FU16 BLUE | TIME | FU18 WHITE | FU18 BLUE | TIME | MU14 RED & Yellow | MU14 WHITE & BLUE | TIME | MU15 WHITE | MU15 BLUE | TIME |
| 6:00 AM | | | 6:00 AM | | | 6:00 AM | | | 6:00 AM | | | 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 Male Goalies (DEPART) | | 6:30 AM | Pre-ice Snack ALL Male 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 | Canada House | Depart for Civic Centre | 7:00 AM | Canada House | Depart for Civic Centre | 7:00 AM | MU14 Goalies 7:15-8:00AM (RINK B) | | 7:00 AM | | | 7:00 AM |
| 7:15 AM | | Breakfast | 7:15 AM | | Breakfast | 7:15 AM | WAKE UP | WAKE UP | 7:15 AM | | | 7:15 AM |
| 7:30 AM | Warm-Up / Dress | Canada House | 7:30 AM | Warm-Up / Dress | Canada House | 7:30 AM | Depart for Civic Centre | Depart for Civic Centre | 7:30 AM | Goalie Session MU15 7:15-8:00AM (RINK B) | Goalie Session MU15 7:15-8:00AM (RINK B) | 7:30 AM |
| 7:45 AM | | | 7:45 AM | | | 7:45 AM | Breakfast | Breakfast | 7:45 AM | | | 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 | 8:15 AM | | Presentation | 8:15 AM | | | 8:15 AM | Depart for Civic Centre | Depart for Civic Centre | 8:15 AM |
| 8:30 AM | Practice (Scoring/Defence) | Room #1 | 8:30 AM | Practice (Scoring/Defence) | Room #3 | 8:30 AM | Presentation | Presentation | 8:30 AM | Breakfast | Breakfast | 8:30 AM |
| 8:45 AM | Rink B | | 8:45 AM | Rink A | | 8:45 AM | Room #2 | Room #2 | 8:45 AM | Canada House | Canada House | 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 AM |
| 9:45 AM | Cool-Down | | 9:45 AM | Cool-Down | | 9:45 AM | | | 9:45 AM | Room #1 | Room #1 | 9:45 AM |
| 10:00 AM | | | 10:00 AM | | | 10:00 AM | | | 10:00 AM | | | 10:00 AM |
| 10:15 AM | | Practice (Scoring/Defence) | 10:15 AM | | Practice (Scoring/Defence) | 10:15 AM | | Team Event | 10:15 AM | | | 10:15 AM |
| 10:30 AM | Presentation | Rink B | 10:30 AM | Presentation | Rink A | 10:30 AM | | | 10:30 AM | | | 10:30 AM |
| 10:45 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 AM |
| 11:00 AM | | | 11:00 AM | | | 11:00 AM | | | 11:00 AM | | | 11:00 AM |
| 11:15 AM | | | 11:15 AM | | | 11:15 AM | | | 11:15 AM | | | 11:15 AM |
| 11:30 AM | Lunch | Cool-Down | 11:30 AM | Lunch | Cool-Down | 11:30 AM | | | 11:30 AM | | | 11:30 AM |
| 11:45 AM | Canada House | | 11:45 AM | Canada House | | 11:45 AM | | | 11:45 AM | Presentation | Practice (Scoring/Defence) | 11:45 AM |
| 12:00 PM | | Lunch | 12:00 PM | | Lunch | 12:00 PM | Practice (Scoring/Defence) | Stretch Out Session | 12:00 PM | Room #1 | Rink B | 12:00 PM |
| 12:15 PM | | Canada House | 12:15 PM | | Canada House | 12:15 PM | Rink A | | 12:15 PM | | | 12:15 PM |
| 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM |
| 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM |
| 1:00 PM | Presentation | Presentation | 1:00 PM | Presentation | Presentation | 1:00 PM | | Lunch | 1:00 PM | Lunch | | 1:00 PM |
| 1:15 PM | Room #2 (ALL GOALIES ON-ICE 1:30-2:15 RINK A) | Room #2 (ALL GOALIES ON-ICE 1:30-2:15 RINK A) | 1:15 PM | Room #2 (ALL GOALIES ON-ICE 1:30-2:15 RINK A) | Room #2 (ALL GOALIES ON-ICE 1:30-2:15 RINK A) | 1:15 PM | Cool-Down | | 1:15 PM | Canada House | Cool-Down | 1:15 PM |
| 1:30 PM | | | 1:30 PM | | | 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 | Lunch | Warm-Up / Dress | 2:00 PM | Warm-Up / Dress | Lunch | 2:00 PM |
| 2:15 PM | | | 2:15 PM | Break (Res) Return to rink 3:00 | Break (Res) Return to rink 3:00 | 2:15 PM | Canada House | | 2:15 PM | | Canada House | 2:15 PM |
| 2:30 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 |
| 2:45 PM | | | 2:45 PM | | | 2:45 PM | | | 2:45 PM | | Presentation | 2:45 PM |
| 3:00 PM | | | 3:00 PM | | | 3:00 PM | | | 3:00 PM | Practice (Scoring/Defence) | Room #1 | 3:00 PM |
| 3:15 PM | | | 3:15 PM | | | 3:15 PM | | | 3:15 PM | | | 3:15 PM |
| 3:30 PM | | | 3:30 PM | Fitness Testing (Lower & Upper) | Fitness Testing (Lower & Upper) | 3:30 PM | Team Event | | 3:30 PM | Practice (Scoring/Defence) | | 3:30 PM |
| 3:45 PM | | | 3:45 PM | | | 3:45 PM | | | 3:45 PM | | | 3:45 PM |
| 4:00 PM | Snack/Warm-Up / Dress | Snack/Warm-Up / Dress | 4:00 PM | | | 4:00 PM | | | 4:00 PM | | Team Event | 4:00 PM |
| 4:15 PM | | | 4:15 PM | | | 4:15 PM | | | 4:15 PM | | | 4:15 PM |
| 4:30 PM | | | 4:30 PM | Team Builder vs. Blue | Team Builder vs. White | 4:30 PM | | Cool-Down | 4:30 PM | Cool-Down | | 4:30 PM |
| 4:45 PM | | | 4:45 PM | | | 4:45 PM | | | 4:45 PM | | | 4:45 PM |
| 5:00 PM | Game vs. Blue | Game vs. White | 5:00 PM | | | 5:00 PM | Stretch Out Session | | 5:00 PM | | | 5:00 PM |
| 5:15 PM | Rink A | Rink A | 5:15 PM | Dinner | Dinner | 5:15 PM | | | 5:15 PM | Break (Res) Return to rink | Break (Res) Return to rink | 5:15 PM |
| 5:30 PM | | | 5:30 PM | Canada House | Canada House | 5:30 PM | | | 5:30 PM | | | 5:30 PM |
| 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM |
| 6:00 PM | | | 6:00 PM | | | 6:00 PM | | | 6:00 PM | | | 6:00 PM |
| 6:15 PM | | | 6:15 PM | Warm-Up / Dress | Warm-Up / Dress | 6:15 PM | | Warm-Up / Dress | 6:15 PM | | | 6:15 PM |
| 6:30 PM | Cool-Down | Cool-Down | 6:30 PM | | | 6:30 PM | Dinner | | 6:30 PM | | | 6:30 PM |
| 6:45 PM | | | 6:45 PM | | | 6:45 PM | Canada House | | 6:45 PM | Dinner | Canada House | 6:45 PM |
| 7:00 PM | | | 7:00 PM | | | 7:00 PM | | | 7:00 PM | Canada House | | 7:00 PM |
| 7:15 PM | Dinner | Dinner | 7:15 PM | Game vs. Blue | Game vs. White | 7:15 PM | | Game White vs. Blue | 7:15 PM | | | 7:15 PM |
| 7:30 PM | Canada House | Canada House | 7:30 PM | Rink B | Rink B | 7:30 PM | Warm-Up / Dress | Rink 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 PM |
| 8:00 PM | | | 8:00 PM | | | 8:00 PM | | | 8:00 PM | | | 8:00 PM |
| 8:15 PM | | | 8:15 PM | | | 8:15 PM | | Cool-Down | 8:15 PM | | | 8:15 PM |
| 8:30 PM | | | 8:30 PM | Cool-Down | Cool-Down | 8:30 PM | Game Red vs. Yellow | | 8:30 PM | | | 8:30 PM |
| 8:45 PM | Team Builder vs. Blue | Team Builder vs. White | 8:45 PM | | | 8:45 PM | Rink A | | 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 PM |
| 9:15 PM | | | 9:15 PM | Depart for RES | Depart for RES | 9:15 PM | | | 9:15 PM | Rink B | Rink B | 9:15 PM |
| 9:30 PM | | | 9:30 PM | | | 9:30 PM | | | 9:30 PM | | | 9:30 PM |
| 9:45 PM | LIGHTS OUT | LIGHTS OUT | 9:45 PM | | | 9:45 PM | Cool-Down | | 9:45 PM | | | 9:45 PM |
| 10:00 PM | | | 10:00 PM | LIGHTS OUT | LIGHTS OUT | 10:00 PM | Snack | | 10:00 PM | Cool-Down | Cool-Down | 10:00 PM |
| 10:15 PM | | | 10:15 PM | | | 10:15 PM | Depart for RES | LIGHTS OUT | 10:15 PM | | | 10:15 PM |
| 10:30 PM | | | 10:30 PM | | | 10:30 PM | LIGHTS OUT | | 10:30 PM | Snack | Snack | 10:30 PM |
| 10:45 PM | | | 10:45 PM | | | 10:45 PM | | | 10:45 PM | Depart for RES | Depart for RES | 10:45 PM |
| 11:00 PM | | | 11:00 PM | | | 11:00 PM | | | 11:00 PM | LIGHTS OUT | LIGHTS OUT | 11:00 PM |

DAY 5: MONDAY, AUGUST 6

| 2018 HIGH PERFORMANCE PROGRAM SUMMER CAMP - CORNER BROOK | | | | | | | | | | | | | |
|--|--|--|----------|--|--|----------|---------------------------------------|---------------------------------------|---------------------|---------------------------------------|---------------------------------------|-------------------------|----------|
| 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 | | Depart for Civic Centre | 6:15 AM | Depart for Civic Centre | | 6:15 AM | |
| 6:30 AM | | | 6:30 AM | | | 6:30 AM | | WAKE UP | 6:30 AM | Breakfast | | 6:30 AM | |
| 6:45 AM | | | 6:45 AM | | | 6:45 AM | Depart for Civic Centre | Breakfast Canada House | 6:45 AM | Breakfast Canada House | Depart for Civic Centre | 6:45 AM | |
| 7:00 AM | | | 7:00 AM | | | 7:00 AM | Breakfast Canada House | | 7:00 AM | | Breakfast Canada House | 7:00 AM | |
| 7:15 AM | | | 7:15 AM | | | 7:15 AM | | Warm-Up / Dress | 7:15 AM | Warm-Up / Dress | | 7:15 AM | |
| 7:30 AM | WAKE UP Depart for Civic Centre | WAKE UP Depart for Civic Centre | 7:30 AM | WAKE UP Depart for Civic Centre | WAKE UP Depart for Civic Centre | 7:30 AM | | | 7:30 AM | | | 7:30 AM | |
| 7:45 AM | Breakfast Canada House | Breakfast Canada House | 7:45 AM | Breakfast Canada House | Breakfast Canada House | 7:45 AM | | Presentation Room #1 | | 7:45 AM | | Presentation Room #3 | 7:45 AM |
| 8:00 AM | | | 8:00 AM | | | 8:00 AM | | | 8:00 AM | | | 8:00 AM | |
| 8:15 AM | | | 8:15 AM | | | 8:15 AM | | Practice (Small Area Games) Rink A | 8:15 AM | Practice (Small Area Games) Rink B | | 8:15 AM | |
| 8:30 AM | | | 8:30 AM | | | 8:30 AM | | Warm-Up / Dress | 8:30 AM | | | 8:30 AM | |
| 8:45 AM | | | 8:45 AM | | | 8:45 AM | | | 8:45 AM | | Warm-Up / Dress | 8:45 AM | |
| 9:00 AM | | | 9:00 AM | | | 9:00 AM | | | 9:00 AM | | | 9:00 AM | |
| 9:15 AM | Presentation (All FU16 Players) Room #1 | Presentation (All FU16 Players) Room #1 | 9:15 AM | Presentation (All FU18 Players) Room #2 | Presentation (All FU18 Players) Room #2 | 9:15 AM | Practice (Small Area Games) Rink A | Cool-Down | 9:15 AM | Cool-Down | | 9:15 AM | |
| 9:30 AM | | | 9:30 AM | | | 9:30 AM | | | 9:30 AM | | Practice (Small Area Games) Rink B | 9:30 AM | |
| 9:45 AM | | | 9:45 AM | | | 9:45 AM | | | 9:45 AM | | | 9:45 AM | |
| 10:00 AM | Warm-Up / Dress | | 10:00 AM | Warm-Up / Dress | | 10:00 AM | | | 10:00 AM | | | 10:00 AM | |
| 10:15 AM | | Presentation (FU16 & FU18) Room #2 | 10:15 AM | | Presentation (FU16 & FU18) Room #2 | 10:15 AM | | Presentation Room #1 | 10:15 AM | Presentation Room #3 | | 10:15 AM | |
| 10:30 AM | | | 10:30 AM | | | 10:30 AM | Cool-Down | | 10:30 AM | | | 10:30 AM | |
| 10:45 AM | Practice (Small Area Games) Rink A | | 10:45 AM | Practice (Small Area Games) 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 Canada House | 11:00 AM | Lunch Canada House | | Cool-Down | 11:00 AM |
| 11:15 AM | | | 11:15 AM | | | 11:15 AM | Lunch Canada House | | 11:15 AM | | | 11:15 AM | |
| 11:30 AM | | | 11:30 AM | | | 11:30 AM | | | 11:30 AM | | | 11:30 AM | |
| 11:45 AM | Cool-Down | Practice (Small Area Games) Rink A | 11:45 AM | Cool-Down | Practice (Small Area Games) Rink B | 11:45 AM | | Presentation Room #1 | 11:45 AM | Presentation Room #3 | Lunch Canada House | 11:45 AM | |
| 12:00 PM | | | 12:00 PM | | | 12:00 PM | | | 12:00 PM | | | 12:00 PM | |
| 12:15 PM | | | 12:15 PM | | | 12:15 PM | Presentation Room #1 | | 12:15 PM | | | 12:15 PM | |
| 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM | |
| 12:45 PM | Lunch Canada House | Cool-Down | 12:45 PM | Lunch Canada House | Cool-Down | 12:45 PM | | | 12:45 PM | | Presentation Room #3 | 12:45 PM | |
| 1:00 PM | | | 1:00 PM | | | 1:00 PM | | | 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 | | | 1:30 PM | | | 1:30 PM | |
| 1:45 PM | Presentation (FU16 & FU18) Room #2 | Lunch Canada House | 1:45 PM | Presentation (FU16 & FU18) Room #2 | Lunch Canada House | 1:45 PM | All MU14 Goalties On-ice Rink B | All MU14 Goalties On-ice Rink B | 1:45 PM | All MU15 Goalties On-ice Rink B | All MU15 Goalties 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 | (Goalies) Cool-Down | | 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 | (Goalies) Cool-Down | (Goalies) Cool-Down | 2:30 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 Goalties On-ice (A) | All FU16 Goalties On-ice (A) | 3:30 PM | All FU16 Goalties On-ice (A) | All FU16 Goalties On-ice (A) | 3:30 PM | | Snack/Warm-Up / Dress | 3:30 PM | Break (Res) | Break (Res) | 3:30 PM | |
| 3:45 PM | | | 3:45 PM | | | 3:45 PM | | | 3:45 PM | | | 3:45 PM | |
| 4:00 PM | | | 4:00 PM | | | 4:00 PM | | | 4:00 PM | | | 4:00 PM | |
| 4:15 PM | | | 4:15 PM | | | 4:15 PM | | | 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 | | | 4:30 PM | Dinner Canada House | Dinner Canada House | 4:30 PM | |
| 4:45 PM | | | 4:45 PM | | | 4:45 PM | Game Yellow vs. Blue Rink B | | 4:45 PM | | | 4:45 PM | |
| 5:00 PM | | | 5:00 PM | | | 5:00 PM | | | 5:00 PM | | | 5:00 PM | |
| 5:15 PM | Fitness Testing (Lower & Upper) | Fitness Testing (Lower & Upper) | 5:15 PM | | | 5:15 PM | | | 5:15 PM | Warm-Up / Dress | Warm-Up / Dress | 5:15 PM | |
| 5:30 PM | | | 5:30 PM | | | 5:30 PM | Dinner Canada House | Cool-Down | 5:30 PM | | | 5:30 PM | |
| 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM | | | 5:45 PM | |
| 6:00 PM | | | 6:00 PM | Warm-Up / Dress | Warm-Up / Dress | 6:00 PM | | | 6:00 PM | | | 6:00 PM | |
| 6:15 PM | Dinner Canada House | Dinner Canada House | 6:15 PM | | | 6:15 PM | | Dinner Canada House | 6:15 PM | Game vs. Blue Rink B | Game vs. White Rink B | 6:15 PM | |
| 6:30 PM | | | 6:30 PM | | | 6:30 PM | | | 6:30 PM | | | 6:30 PM | |
| 6:45 PM | | | 6:45 PM | | | 6:45 PM | | Warm-Up / Dress | 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 | | | 7:00 PM | | | 7:00 PM | |
| 7:15 PM | Warm-Up / Dress | Warm-Up / Dress | 7:15 PM | | | 7:15 PM | | | 7:15 PM | | | 7:15 PM | |
| 7:30 PM | | | 7:30 PM | | | 7:30 PM | | | 7:30 PM | Cool-Down | Cool-Down | 7:30 PM | |
| 7:45 PM | | | 7:45 PM | | | 7:45 PM | Game Red vs. White Rink B | | 7:45 PM | | | 7:45 PM | |
| 8:00 PM | | | 8:00 PM | | | 8:00 PM | | | 8:00 PM | Snack | Snack | 8:00 PM | |
| 8:15 PM | | | 8:15 PM | Cool-Down | Cool-Down | 8:15 PM | | | 8:15 PM | Depart for RES | Depart for RES | 8:15 PM | |
| 8:30 PM | | | 8:30 PM | | | 8:30 PM | Cool-Down | | 8:30 PM | | | 8:30 PM | |
| 8:45 PM | Game vs. Blue Rink A | Game vs. White Rink A | 8:45 PM | Snack | Snack | 8:45 PM | | | 8:45 PM | | | 8:45 PM | |
| 9:00 PM | | | 9:00 PM | Depart for RES | Depart for RES | 9:00 PM | | | 9:00 PM | | | 9:00 PM | |
| 9:15 PM | | | 9:15 PM | | | 9:15 PM | Snack | 9:15 PM | | | | 9:15 PM | |
| 9:30 PM | | | 9:30 PM | | | 9:30 PM | Depart for RES | 9:30 PM | | | | 9:30 PM | |
| 9:45 PM | | | 9:45 PM | | | 9:45 PM | | | 9:45 PM | | | 9:45 PM | |
| 10:00 PM | Cool-Down | Cool-Down | 10:00 PM | | | 10:00 PM | | LIGHTS OUT | LIGHTS OUT | 10:00 PM | LIGHTS OUT | LIGHTS OUT | 10:00 PM |
| 10:15 PM | Snack | Snack | 10:15 PM | | | 10:15 PM | | | | 10:15 PM | | | 10:15 PM |
| 10:30 PM | Depart for RES | Depart for RES | 10:30 PM | | | 10:30 PM | | | 10:30 PM | | | 10:30 PM | |
| 10:45 PM | LIGHTS OUT | LIGHTS OUT | 10:45 PM | | | 10:45 PM | | | 10:45 PM | | | 10:45 PM | |

DAY 6: TUESDAY, AUGUST 7

| 2018 HIGH PERFORMANCE PROGRAM SUMMER CAMP - CORNER BROOK | | | | | | | | | | | | |
|--|--|--------------------------|----------|--|--------------------------|----------|---------------------------------|---------------------------------|----------|--|--------------------------|----------|
| 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 Arena (Meeting Room #1) | | 6:30 AM | | | 6:30 AM | Bring Luggage to Arena (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 | | | 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 | Bring Luggage to Arena (Meeting Room #1) | | 7:45 AM | | | 7:45 AM | | | 7:45 AM | | | 7:45 AM |
| 8:00 AM | | | 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 | | | 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 | | Depart for Civic Centre | 9:00 AM | | | 9:00 AM |
| 9:15 AM | | | 9:15 AM | | | 9:15 AM | Breakfast | | 9:15 AM | | | 9:15 AM |
| 9:30 AM | | | 9:30 AM | Game vs. Blue Rink A | Game vs. White Rink A | 9:30 AM | Canada House | | 9:30 AM | Game vs. Blue Rink B | Game vs. White Rink B | 9:30 AM |
| 9:45 AM | | | 9:45 AM | | | 9:45 AM | | 9:45 AM | | | | |
| 10:00 AM | Warm-Up / Dress | Warm-Up / Dress | 10:00 AM | | | 10:00 AM | Warm-Up / Dress | | 10:00 AM | | | 10:00 AM |
| 10:15 AM | | | 10:15 AM | | | 10:15 AM | | | 10:15 AM | | | |
| 10:30 AM | | | 10:30 AM | Players Depart After Final Game | | 10:30 AM | | Breakfast | 10:30 AM | Players Depart After Final Game | | 10:30 AM |
| 10:45 AM | | | 10:45 AM | | | 10:45 AM | | Canada House | 10:45 AM | | | 10:45 AM |
| 11:00 AM | | | 11:00 AM | | | 11:00 AM | Game Red vs. Blue Rink B | | 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 | | | 11:15 AM | | | 11:15 AM |
| 11:30 AM | | | 11:30 AM | | | 11:30 AM | | | 11:30 AM | | | |
| 11:45 AM | | | 11:45 AM | | | 11:45 AM | | | 11:45 AM | | | |
| 12:00 PM | | | 12:00 PM | | | 12:00 PM | Players Depart After Final Game | | 12:00 PM | | | 12:00 PM |
| 12:15 PM | Players Depart After Final Game | | 12:15 PM | | | 12:15 PM | | | 12:15 PM | | | 12:15 PM |
| 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM | | | 12:30 PM |
| 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM | | | 12:45 PM |
| 1:00 PM | | | 1:00 PM | | | 1:00 PM | | | 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 | | Game White vs. Yellow Rink B | 1:30 PM | | | 1:30 PM |
| | | | | | | | Players Depart After Final Game | | | | | |