



***Hockey NL / Hockey Canada's***

***Summer Skills Camp***

***August 18-23, 2019***

***Mount Pearl, NL***

## ***Schedule***

***Team Hustle (Novice)***  
***Team Compete (Atom)***  
***Team Respect (Pee Wee)***

***Please note that schedule is subject to small changes on site at event.***

DAY 1 - Sunday, August 18<sup>th</sup>

Team Canada Day



Time Novice Group	Activity	Location
2:00-2:30pm	Registration	Glacier 1
2:30-3:00pm	Orientation- Players/ Parents	Glacier Lounge
3:00-3:30pm	Dress for On Ice Session	Dressing Room
3:30-4:45pm	On Ice Session #1 - Skills Challenge /Analysis	Arena
4:45-5:00pm	Cool Down / Change	Dressing Room
Time Atom Group	Activity	Location
3:15-3:45pm	Registration	Glacier 1
3:45-4:15pm	Orientation- Players/ Parents	Glacier Lounge
4:15-5:00pm	Dress for On Ice Session	Dressing Room
5:00-6:15pm	On Ice Session #1 - Skills Challenge /Analysis	Arena
5:45-6:00pm	Cool Down / Change	Dressing Room
Time Pee Wee Group	Activity	Location
4:45-5:15pm	Registration	Glacier 1
5:15-5:45pm	Orientation- Players/ Parents	Glacier Lounge
5:45-6:30pm	Dress for On Ice Session	Dressing Room
6:30-7:45pm	On Ice Session #1 - Skills Challenge /Analysis	Arena
7:00-7:15pm	Cool Down / Change	Dressing Room

*Thank you for being a part of the Hockey Canada Summer Skills Camp! Have Fun, Work Hard and Challenge Yourself!*

**DAY 2- Monday August 19<sup>th</sup>**

**Hazmasters Day**



Time Novice Group	Activity	Location
8:30-9:00am	Dress for On Ice Session	Dressing Room
9:00-10:05am	On Ice Session #1	Arena
10:05-10:30am	Snack/ Cool Down	Arena
10:30-11:30am	Cross Training - Soccer	Glacier 1 / Field
11:30-12:15pm	Lunch	Cafeteria
11:50-12:40pm	Parent Session	Glacier Lounge
12:15-12:50pm	Dress for On Ice Session	Dressing Room
1:00-2:10pm	On Ice Session #2	Arena
2:10-2:30pm	Snack/ Cool Down	Arena
2:30-3:30pm	Skills Centre	Glacier 1
3:45-5:00pm	Swimming	The Summit
5:15pm	Pick Up	Glacier
Time Atom Group	Activity	Location
8:30-9:30am	Cross Training - Soccer	Glacier 1 / Field
9:30-10:00am	Snack/ Dress for On Ice Session	Dressing Room
10:15-11:20am	On Ice Session #1	Arena
11:20-12:05pm	Cool Down/ Lunch	Cafeteria
11:50-12:40pm	Parent Session	Glacier Lounge
12:05-12:55pm	Skills Centre	Glacier 1
1:00-1:50pm	Classroom Session	Meeting Room
1:50-2:20pm	Dress for On Ice	Dressing Room
2:20-3:30pm	On Ice Session #2	Arena
3:30-4:00pm	Cool Down / Change	Dressing Room
4:00pm	Pick Up	Arena
Time Pee Wee Group	Activity	Location
8:30-9:30am	Skills Centre	Glacier 1
9:30-10:30am	Cross Training - Soccer	Glacier 1 / Field
10:30-10:50am	Snack / Team Building	Dressing Room
10:50-11:20pm	Dress for On Ice Session	Dressing Room
11:50-12:40pm	Parent Session	Glacier Lounge
11:30-12:35pm	On Ice Session #1	Arena
12:35-1:15pm	Lunch	Dressing Room
1:15-2:00pm	Fun Games / Team Building	Field
2:00-3:00pm	Classroom Session	Meeting Room
3:00-3:30pm	Dress for On Ice Session #2	Dressing Room
3:40-4:50pm	On Ice Session #2	Arena
5:00pm	Pick Up	Arena

**Lunch sponsored by**



<b>Time Pee Wee Group</b>	<b>Activity</b>	<b>Location</b>
8:15-9:30am	On Ice Session #1	Arena
9:30-10:15am	Cool Down/ Snacks	Dressing Room
10:15-11:15am	Skills Centre	Glacier 1
11:10-11:50am	Lunch	Cafeteria
11:50-12:30pm	Dress for On Ice Session	Dressing Room
12:30-1:45pm	On Ice Session #2	Arena
2:00-2:40pm	Cross Training - Sport Specific	Glacier 1 or Field
2:45-3:45pm	Team Building	Arena / Field
4:00pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena
<b>Time Novice Group</b>	<b>Activity</b>	<b>Location</b>
8:30-9:15am	Skills Centre	Glacier 1
9:15-9:40am	Dress for On Ice Session	Dressing Room
9:40-10:55am	On Ice Session #1	Arena
10:55-11:15am	Cool Down	Dressing Room
11:15-12:00pm	Lunch	Cafeteria
12:00 - 1:00pm	Cross Training - Sport Specific	Field / Glacier 1
1:10-1:55pm	Dress for On Ice Session	Dressing Room
1:55-3:10pm	On Ice Session #2	Arena
3:10-3:30pm	Cool Down	Dressing Room
3:30-4:30pm	Classroom Session	Classroom
4:40pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena
<b>Time Atom Group</b>	<b>Activity</b>	<b>Location</b>
8:30-9:15am	Team Building	Field
9:15-10:15am	Skills Centre	Glacier 1
10:15-11:05am	Dress for On Ice Session/ Snacks	Dressing Room
11:05-12:20pm	On Ice Session #1	Arena
12:20-1:00pm	Lunch	Cafeteria
1:00-1:45pm	Cross Training - Sport Specific	Field / Glacier 1
1:45-2:45pm	Team Building	Classroom / Field
2:45-3:20pm	Dress for On Ice	Dressing Room
3:20-4:35pm	On Ice Session #2	Arena
4:35pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena

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**DAY 4- Wednesday, August 21<sup>st</sup>**

**Paradise Physio Day**

Time Atom Group	Activity	Location
8:15-9:30am	On Ice Session #1	Arena
9:30-10:15am	Cool Down/ Snacks	Dressing Room
10:15-11:15am	Team Pictures	Glacier 2 Room
11:10-11:50am	Lunch	Cafeteria
11:50-12:30pm	Dress for On Ice Session	Dressing Room
12:30-1:45pm	On Ice Session #2 - (4 vs. 4 Challenge)	Arena
1:45-2:30pm	Presentation & Team Building	Meeting Room
2:30-3:30pm	Cross Training - Sport Specific	Glacier
3:45-5:00pm	Swimming	The Summit
5:00-5:35pm	Goalie Session - All Goalies	Arena
Time Pee Wee Group	Activity	Location
8:30-9:15am	Team Pictures	Glacier 2 Room
9:15-9:40am	Dress for On Ice Session	Dressing Room
9:40-10:55am	On Ice Session #1	Arena
10:55-11:15am	Cool Down	Dressing Room
11:15-12:00pm	Lunch	Cafeteria
12:00 - 1:10pm	Cross Training - Sport Specific	Field / Meeting Room
1:10-1:55pm	Dress for On Ice Session	Dressing Room
1:55-3:10pm	On Ice Session #2 - (4 vs. 4 Challenge)	Arena
3:10-3:30pm	Cool Down	Dressing Room
3:45-5:00pm	Swimming	The Summit
5:15pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena
Time Novice Group	Activity	Location
8:30-9:15am	Skills Centre	Glacier 1
9:15-10:15am	Team Pictures	Glacier 2 Room
10:15-11:05am	Dress for On Ice Session/ Snacks	Dressing Room
11:05-12:20pm	On Ice Session #1	Arena
12:20-1:00pm	Lunch	Cafeteria
1:00-1:30pm	Presentation & Team Building	Classroom
1:30-2:30pm	Cross Training - Sport Specific	Glacier
2:30-3:20pm	Dress for On Ice	Dressing Room
3:20-4:35pm	On Ice Session #2 - (4 vs. 4 Challenge)	Arena
4:35pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena

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**DAY 5 - Thursday, August 22<sup>nd</sup> Kent Green & Trent Squires Real Estate**



Time Novice Group	Activity	Location
8:15-9:30am	On Ice Session #1	Arena
9:30-10:15am	Cool Down/ Snacks	Dressing Room
10:15-11:15am	Skills Centre	Glacier 1
11:10-11:50am	Lunch	Cafeteria
11:50-12:30pm	Dress for On Ice Session	Dressing Room
12:30-1:45pm	On Ice Session #2	Arena
1:45-2:30pm	Cross Training - Sport Specific	Field / Glacier 1
2:30-3:45pm	Team Building	Field / Glacier 1
4:00pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena
Time Atom Group	Activity	Location
8:30-9:15am	Skills Centre	Glacier 1
9:15-9:40am	Dress for On Ice Session	Dressing Room
9:40-10:55am	On Ice Session #1	Arena
10:55-11:15am	Cool Down	Dressing Room
11:15-12:00pm	Lunch	Cafeteria
12:00 - 1:10pm	Cross Training - Sport Specific	Field / Glacier 1
1:10-1:55pm	Dress for On Ice Session	Dressing Room
1:55-3:10pm	On Ice Session #2	Arena
3:10-3:30pm	Cool Down	Dressing Room
3:30-4:30pm	Classroom	Glacier
4:40pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena
Time Pee Wee Group	Activity	Location
8:30-9:15am	Team Building	Field
9:15-10:15am	Skills Centre	Glacier 1
10:15-11:05am	Dress for On Ice Session/ Snacks	Dressing Room
11:05-12:20pm	On Ice Session #1	Arena
12:20-1:00pm	Lunch	Cafeteria
1:00-2:00pm	Team Building	Field
2:00-2:45pm	Cross Training - Sport Specific	Glacier / Field
2:45-3:20pm	Dress for On Ice	Dressing Room
3:20-4:35pm	On Ice Session #2	Arena
4:35pm	Pick Up	Arena
5:00-5:35pm	Goalie Session - All Goalies	Arena

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**DAY 6- Friday, August 23<sup>rd</sup> Newfoundland Growlers Day**

Time Novice Group	Activity	Location
8:30-9:30am	Cross Training - Sport Specific	Field
9:30-10:15am	Presentation	Classroom
10:15-11:10am	Dress for On Ice Session	Dressing Room
11:10-12:20pm	On Ice Session #1	Arena
12:30-1:15pm	Lunch	Cafeteria
1:15-2:30pm	Off Ice Session - Team Challenge	Glacier 1 or Field
2:30-3:30pm	Warm Up / Dressed for Game	Dressing Room
3:35-4:50pm	On Ice Session #2 (Game)	Arena
4:50-5:00	Change	Dressing Room
5:00-5:30pm	Closing Ceremonies	Glacier
5:30pm	Pick Up	Arena
Time Atom Group	Activity	Location
8:30-9:15am	Presentation	Classroom
9:15-9:50am	Dress for On Ice Session	Dressing Room
9:50-11:00am	On Ice Session #1	Arena
11:00-11:15am	Cool Down/Snack	Dressing Room
11:15-12:00pm	Cross Training - Sport Specific	Field
12:00-12:45pm	Lunch	Cafeteria
12:45-1:15pm	Off-Ice Session - Team Challenge	Glacier
1:15-2:00pm	Dress for On Ice Session	Dressing Room
2:10-3:25pm	On Ice Session #2 (Game)	Arena
3:25-3:45pm	Change	Dressing Room
3:45-4:15pm	Closing Ceremonies	Glacier
4:15pm	Pick Up	Arena
Time Pee Wee Group	Activity	Location
8:30-9:40am	On Ice Session #1	Arena
9:40-10:15am	Cool Down/Snack	Dressing Room
10:15-11:00am	Cross Training - Sport Specific	Field / Glacier 1
11:00-11:30am	Presentation	Meeting Room
11:30-12:00pm	Lunch	Cafeteria
12:00-12:45pm	Dress for On-Ice Session	Dressing Room
12:45pm - 2:00pm	On Ice Session #2 (Game)	Arena
2:00-2:15pm	Change	Dressing Room
2:15-2:45pm	Closing Ceremonies	Glacier
2:45pm	Pick Up	Arena

*Lunch sponsored by*

