



HOCKEY NL SUMMER CAMP FEMALE U14



DAY 1: THURSDAY AUGUST 1ST

TIME	Team WHITE	Team BLUE	TIME
4:00 PM	Equipment Drop Off/Registration for all FU14 Players Arena Entrance/Lobby		4:00 PM
5:15 PM	RESIDENCE Registration for all FU14 Players #6 Residence Building (Main Lobby)		5:15 PM
6:45 PM	Orientation All FU14 Players Meeting Room # 1,2,3		6:45 PM
7:45 PM	FU14 All Players Meeting Canada House		7:45 PM
8:15 PM	Depart for Residence		8:15 PM
9:30 PM	Lights Out		9:30 PM

DAY 2: FRIDAY, AUGUST 2ND

TIME	Team WHITE	Team BLUE	TIME
8:45 AM	Wake Up		8:45 AM
9:00 AM	Depart For Breakfast		9:00 AM
9:15 AM	Breakfast- Cafeteria		9:15 AM
10:15 AM	Depart for Testing		10:15 AM
10:30 AM	Fitness Testing- Gym		10:30 AM
11:45 AM	Depart for Lunch		11:45 AM
12:00 PM	Lunch- Cafeteria		12:00 PM
12:30 PM	Depart for Rink		12:30 PM
12:45 PM	Warm Up/Dress		12:45 PM
1:30 PM	Practice- Rink A		1:30 PM
2:30 PM	Cool Down		2:30 PM
3:00 PM	Snack		3:00 PM
3:45 PM	Depart for Team Builder		3:45 PM
4:00 PM	Team Builder		4:00 PM
5:30 PM	Depart for Dinner		5:30 PM
5:45 PM	Dinner- Cafeteria		5:45 PM
6:30 PM	Depart for Rink		6:30 PM
6:45 PM	Warm Up/Dress		6:45 PM
7:30 PM	Practice- Rink A		7:30 PM
8:30 PM	Cool Down		8:30 PM
9:15 PM	Depart for Residence		9:15 PM
10:00 PM	Lights Out		10:00 PM

DAY 3: SATURDAY, AUGUST 3RD

TIME	Team WHITE	Team BLUE	TIME
8:30 AM	Wake Up		8:30 AM
8:45 AM	Depart For Breakfast		8:45 AM
9:00 AM	Breakfast- Cafeteria		9:00 AM
9:45 AM	Depart for Rink		9:45 AM
10:00 AM	Warm Up/Dress		10:00 AM
10:45 AM	Practice- Rink B		10:45 AM
11:45 AM	Cool Down		11:45 AM
12:15 PM	Depart for Lunch		12:15 PM
12:30 PM	Lunch- Cafeteria		12:30 PM
1:00 PM	Depart for Rink (Goalies then Players)		1:00 PM
1:15 PM	Warm Up/Dress		1:15 PM
1:45 PM	FU14 Goalie Session- Rink B		1:45 PM
2:30 PM	On-Ice Performance Testing- Rink A		2:30 PM
4:15 PM	Depart for Dinner		4:15 PM
4:30 PM	Dinner- Cafeteria		4:30 PM
5:00 PM	Depart for Rink		5:00 PM
5:15 PM	Warm Up/Dress		5:15 PM
6:00 PM	Game- Rink B		6:00 PM
7:15 PM	Cool Down		7:15 PM
7:45 PM	Snack		7:45 PM
8:30 PM	Depart for Residence		8:30 PM
9:30 PM	Lights Out		9:30 PM

DAY 4: SUNDAY, AUGUST 4TH

TIME	Team WHITE	Team BLUE	TIME
8:00 AM	Wake Up		8:00 AM
8:15 AM	Depart For Breakfast		8:15 AM
8:30 AM	Breakfast- Cafeteria		8:30 AM
9:15 AM	Depart for Rink		9:15 AM
9:30 AM	Warm Up/Dress		9:30 AM
10:15 AM	Hockey Canada Skills Practice- Rink A		10:15 AM
11:15 AM	Cool Down		11:15 AM
11:45 AM	Depart for Lunch		11:45 AM
12:00 PM	Lunch- Cafeteria		12:00 PM
12:30 PM	Depart for Residence		12:30 PM
1:15 PM	Depart for Yoga		1:15 PM
1:30 PM	Yoga Session- Meeting #1,2,3		1:30 PM
2:45 PM	Quiet Time- Residence		2:45 PM
3:45 PM	Depart for Meeting		3:45 PM
4:00 PM	Coaches Expectations Meeting		4:00 PM
4:45 PM	Depart for Dinner		4:45 PM
5:00 PM	Dinner- Cafeteria		5:00 PM
5:30 PM	Depart for Rink		5:30 PM
5:45 PM	Warm Up/Dress		5:45 PM
6:30 PM	Game- Rink B		6:30 PM
7:45 PM	Cool Down		7:45 PM
8:15 PM	Snack		8:15 PM
8:45 PM	Watch Female U16 Game		8:45 PM
9:15 PM	Depart for Residence		9:15 PM
10:00 PM	Lights Out		10:00 PM

DAY 5: MONDAY, AUGUST 5TH

TIME	Team WHITE	Team BLUE	TIME
8:00 AM	Wake Up		8:00 AM
8:15 AM	Depart For Breakfast		8:15 AM
8:30 AM	Breakfast- Cafeteria		8:30 AM
9:15 AM	Depart for Rink		9:15 AM
9:30 AM	Warm Up/Dress		9:30 AM
10:15 AM	Game- Rink B		10:15 AM
11:30 AM	Cool Down		11:30 AM
12:00 PM	Depart for Lunch		12:00 PM
12:15 PM	Lunch- Cafeteria the Goalies Depart for Rink		12:15 PM
1:00 PM	Warm Up/Dress		1:00 PM
1:15 PM	FU14 Goalie Session- Rink B		1:15 PM
2:00 PM	Quiet Time/Depart for Presentation		2:00 PM
2:45 PM	Assert Presentation		2:45 PM
4:45 PM	Depart for Dinner		4:45 PM
5:00 PM	Dinner- Cafeteria		5:00 PM
5:30 PM	Depart for Rink		5:30 PM
5:45 PM	Warm Up/Dress		5:45 PM
6:30 PM	Game- Rink B		6:30 PM
7:45 PM	Cool Down		7:45 PM
8:15 PM	Snack		8:15 PM
8:45 PM	Watch Female U16 Game		8:45 PM
9:15 PM	Depart for Residence		9:15 PM
10:00 PM	Lights Out		10:00 PM

DAY 6: TUESDAY, AUGUST 6TH

TIME	Team WHITE	Team BLUE	TIME
8:00 AM	Wake Up		8:00 AM
8:15 AM	Depart For Breakfast		8:15 AM
8:30 AM	Breakfast- Cafeteria		8:30 AM
9:00 AM	Clean Up/Luggage to Arena		9:00 AM
9:30 AM	Warm Up/Dress		9:30 AM
10:15 AM	Game- Rink A		10:15 AM
11:30 AM	Players Depart		11:30 AM