



HOCKEY NL SUMMER CAMP FEMALE U16



DAY 1: THURSDAY AUGUST 1ST

TIME	Team WHITE	Team BLUE	TIME
4:00 PM	RESIDENCE Registration for all FU16 Players #6 Residence Building (Main Lobby)		4:00 PM
5:15 PM	Drop off Equipment for all FU16 Players Arena Entrance/Lobby		5:15 PM
6:45 PM	Orientation All FU16 Players Meeting Room # 1,2, 3		6:45 PM
7:45 PM	FU16 All Players Meeting Studio Room		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
9:30 AM	Wake Up		9:30 AM
9:45 AM	Depart For Breakfast		9:45 AM
10:00 AM	Breakfast- Cafeteria		10:00 AM
10:30 AM	Depart for Team Builder		10:30 AM
10:45 AM	Team Builder		10:45 AM
12:15 PM	Depart for Lunch		12:15 PM
12:30 PM	Lunch- Cafeteria		12:30 PM
1:15 PM	Depart for Testing		1:15 PM
1:30 PM	Fitness Testing- Gym		1:30 PM
3:15 PM	Depart for Rink		3:15 PM
3:30 PM	Snack		3:30 PM
4:15 PM	Warm Up/Dress		4:15 PM
5:00 PM	Practice- Rink A		5:00 PM
6:00 PM	Cool Down		6:00 PM
6:45 PM	Depart for Dinner		6:45 PM
7:00 PM	Dinner- Cafeteria		7:00 PM
7:30 PM	Depart for Rink		7:30 PM
7:45 PM	Warm Up/Dress		7:45 PM
8:30 PM	Practice- Rink A		8:30 PM
9:30 PM	Cool Down		9:30 PM
10:00 PM	Depart for Residence		10:00 PM
10:30 PM	Lights Out		10:30 PM

DAY 3: SATURDAY, AUGUST 3RD

TIME	Team WHITE	Team BLUE	TIME
9:30 AM	Wake Up		9:30 AM
9:45 AM	Depart For Breakfast		9:45 AM
10:00 AM	Breakfast- Cafeteria		10:00 AM
10:45 AM	Depart for Rink		10:45 AM
11:00 AM	Warm Up/Dress		11:00 AM
11:45 AM	Practice- Rink B		11:45 AM
12:45 PM	Cool Down then Depart for Lunch		12:45 PM
1:15 PM	Lunch- Cafeteria		1:15 PM
2:00 PM	Depart for Rink (Goalies then Players)		2:00 PM
2:15 PM	Warm Up/Dress		2:15 PM
2:45 PM	FU16 Goalie Session- Rink B		2:45 PM
3:45 PM	On Ice Performance Testing- Rink A		3:45 PM
6:00 PM	Depart for Dinner then the Rink		6:00 PM
6:15 PM	Dinner- Cafeteria		6:15 PM
6:45 PM	Warm Up/Dress		6:45 PM
7:30 PM	Game- Rink B		7:30 PM
9:00 PM	Cool Down		9:00 PM
9:30 PM	Snack		9:30 PM
10:00 PM	Depart for Residence		10:00 PM
10:30 PM	Lights Out		10:30 PM

DAY 4: SUNDAY, AUGUST 4TH

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

DAY 5: MONDAY, AUGUST 5TH

TIME	Team WHITE	Team BLUE	TIME
9:00 AM	Wake Up		9:00 AM
9:15 AM	Depart For Breakfast		9:15 AM
9:30 AM	Breakfast- Cafeteria		9:30 AM
10:30 AM	Depart for Rink		10:30 AM
10:45 AM	Warm Up/Dress		10:45 AM
11:30 AM	Game- Rink B		11:30 AM
1:00 PM	Cool Down then Depart for Lunch		1:00 PM
1:30 PM	Lunch- Cafeteria		1:30 PM
2:00 PM	Goalies Depart for Rink/ Quiet Time Players		2:00 PM
2:15 PM	Warm Up/Dress (Goalies)		2:15 PM
2:45 PM	FU16 Goalie Session- Rink B		2:45 PM
3:45 PM	Depart for Presentation		3:45 PM
4:00 PM	Assert Presentation		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
7:00 PM	Warm Up/Dress		7:00 PM
7:45 PM	Game- Rink B		7:45 PM
9:15 PM	Cool Down		9:15 PM
9:45 PM	Snack		9:45 PM
10:00 PM	Depart for Residence		10:00 PM
10:30 PM	Lights Out		10:30 PM

DAY 6: TUESDAY, AUGUST 6TH

TIME	Team WHITE	Team BLUE	TIME
9:15 AM	Wake Up		9:15 AM
9:30 AM	Depart For Breakfast		9:30 AM
9:45 AM	Breakfast- Cafeteria		9:45 AM
10:15 AM	Clean Up/Luggage to Arena		10:15 AM
10:45 AM	Warm Up/Dress		10:45 AM
11:30 AM	Game- Rink A		11:30 AM
1:00 PM	Players Depart		1:00 PM