



HOCKEY NL SUMMER CAMP MALE U14



DAY 1: THURSDAY AUGUST 1ST

TIME	Team WHITE BLUE RED YELLOW	TIME
4:00 PM	Equipment Drop Off/Registration for all MU14 Players- <b>Arena Entrance/Lobby</b>	4:00 PM
5:15 PM	RESIDENCE Registration for all MU14 Players- <b>Arts &amp; Science Residence Building (Main Lobby)</b>	5:15 PM
6:45 PM	Orientation All MU14 Players- <b>Meeting Room # 1,2, 3</b>	6:45 PM
7:45 PM	MU14 All Players Meeting- <b>Gym</b>	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 & BLUE	Team RED & YELLOW	TIME
7:30 AM	Wake Up	Wake Up	7:30 AM
7:45 AM	Depart For Breakfast	Depart For Breakfast	7:45 AM
8:00 AM	Breakfast- <b>Cafeteria</b>	Breakfast- <b>Cafeteria</b>	8:00 AM
8:30 AM	Depart for Testing	Depart for Testing	9:15 AM
8:45 AM	Fitness Testing- <b>Gym</b>	Fitness Testing- <b>Gym</b>	9:30 AM
10:45 AM	Depart for Team Builder	Depart for Team Builder	10:45 AM
11:00 AM	Team Builder	Team Builder	11:00 AM
12:30 PM	Depart for Lunch	Depart for Lunch	12:30 PM
12:45 PM	Lunch- <b>Cafeteria</b> then Depart for Rink	Lunch- <b>Cafeteria</b>	12:45 PM
1:15 PM	Warm Up/Dress	Depart for Rink	2:00 PM
2:00 PM	Practice- <b>Rink B</b>	Warm Up/Dress	2:15 PM
3:00 PM	Cool Down	Practice- <b>Rink B</b>	3:00 PM
4:00 PM	Depart for Dinner	Cool Down	4:00 PM
4:15 PM	Dinner- <b>Cafeteria</b>	Depart for Dinner	4:45 PM
4:45 PM	Depart for Rink	Dinner- <b>Cafeteria</b>	5:00 PM
5:00 PM	Warm Up/Dress	Depart for Rink	5:45 PM
5:45 PM	Practice- <b>Rink B</b>	Warm Up/Dress	6:00 PM
6:45 PM	Cool Down	Practice- <b>Rink B</b>	6:45 PM
7:30 PM	Snack	Cool Down	7:45 PM
8:15 PM	Depart for Residence	Snack	8:15 PM
9:45 PM	Lights Out	Depart for Residence	8:45 PM
		Lights Out	9:45 PM

DAY 3: SATURDAY, AUGUST 3RD

TIME	Team RED & WHITE	Team BLUE & YELLOW	TIME
8:00 AM	Wake Up	Wake Up	8:00 AM
8:15 AM	Depart For Breakfast	Depart For Breakfast	8:15 AM
8:30 AM	Breakfast- <b>Cafeteria</b>	Breakfast- <b>Cafeteria</b>	8:30 AM
10:15 AM	Depart for Rink	Depart for Rink	9:00 AM
10:30 AM	Warm Up/Dress	Warm Up/Dress	9:15 AM
11:15 AM	HC Skills Practice- <b>Rink A</b>	HC Skills Practice- <b>Rink A</b>	10:00 AM
12:15 PM	Cool Down	Cool Down	11:00 AM
12:45 PM	Depart for Lunch	Depart for Lunch	11:45 AM
1:00 PM	Lunch- <b>Cafeteria</b>	Lunch- <b>Cafeteria</b>	12:00 PM
1:45 PM	Depart for Yoga	Depart for Yoga	1:45 PM
2:00 PM	Yoga Session- <b>Meeting #1,2,3</b>	Yoga Session- <b>Meeting #1,2,3</b>	2:00 PM
3:15 PM	Depart for Coaches Meeting	Depart for Coaches Meeting	3:15 PM
3:30 PM	Coaches Expectations Meeting	Coaches Expectations Meeting	3:30 PM
4:45 PM	Depart for Dinner	Depart for Dinner	4:00 PM
5:00 PM	Dinner- <b>Cafeteria</b>	Dinner- <b>Cafeteria</b>	4:15 PM
5:30 PM	Depart for Rink to Watch Game	Depart for Rink	4:45 PM
6:15 PM	Warm Up/Dress	Warm Up/Dress	5:00 PM
7:00 PM	Game- <b>Rink A</b>	Game- <b>Rink A</b>	5:45 PM
8:15 PM	Cool Down	Cool Down	7:00 PM
8:45 PM	Snack	Snack	7:30 PM
9:15 PM	Depart for Residence	Depart for Residence	8:15 PM
10:00 PM	Lights Out	Lights Out	9:45 PM

DAY 4: SUNDAY, AUGUST 4TH

TIME	Team RED & BLUE	Team WHITE & YELLOW	TIME
8:00 AM	Wake Up	Wake Up	8:00 AM
8:15 AM	Depart For Breakfast	Depart For Breakfast	8:15 AM
9:00 AM	Breakfast- <b>Cafeteria</b>	Breakfast- <b>Cafeteria</b>	9:00 AM
10:00 AM	Depart for Rink	Depart for Rink	11:00 AM
10:15 AM	Warm Up/Dress	Warm Up/Dress	11:15 AM
11:00 AM	Practice- <b>Rink B</b>	Practice- <b>Rink B</b>	12:00 PM
12:00 PM	Cool Down	Cool Down	1:00 PM
12:30 PM	Depart for Lunch	Depart for Lunch	1:30 PM
12:45 PM	Lunch- <b>Cafeteria</b>	Lunch- <b>Cafeteria</b>	1:45 PM
2:00 PM	Depart for Rink ( Goalies Then Players)	Depart for Rink ( Goalies Then Players)	2:00 PM
2:15 PM	Warm Up/Dress	Warm Up/Dress	2:15 PM
2:45 PM	MU14 Goalie Session- <b>Rink A</b>	MU14 Goalie Session- <b>Rink A</b>	2:45 PM
4:00 PM	On-Ice Performance Testing- <b>Rink B</b>	On-Ice Performance Testing- <b>Rink B</b>	5:00 PM
5:30 PM	Depart for Dinner	Depart for Dinner	6:15 PM
5:45 PM	Dinner- <b>Cafeteria</b>	Dinner- <b>Cafeteria</b>	6:30 PM
6:15 PM	Depart for Rink	Depart for Rink to Watch Game	7:00 PM
6:30 PM	Warm Up/Dress	Warm Up/Dress	7:45 PM
7:15 PM	Game- <b>Rink A</b>	Game- <b>Rink A</b>	8:30 PM
8:30 PM	Cool Down	Cool Down/Snack	9:45 PM
9:00 PM	Snack	Depart for Residence	10:15 PM
9:45 PM	Depart for Residence	Lights Out	10:45 PM
10:30 PM	Lights Out		

DAY 5: MONDAY, AUGUST 5TH \*PART 1\*

TIME	Team WHITE & BLUE	Team RED & YELLOW	TIME
8:15 AM	Wake Up	Wake Up	7:45 AM
8:30 AM	Depart For Breakfast	Depart For Breakfast	8:00 AM
8:45 AM	Breakfast- <b>Cafeteria</b>	Breakfast- <b>Cafeteria</b>	8:15 AM
10:00 AM	Depart for Rink	Depart for Rink	8:45 AM
10:15 AM	Warm Up/Dress	Warm Up/Dress	9:00 AM
11:00 AM	Game- <b>Rink A</b>	Game- <b>Rink A</b>	9:45 AM
12:15 PM	Cool Down then Depart for Lunch	Cool Down then Depart for Lunch	11:00 AM
12:45 PM	Lunch- <b>Cafeteria</b>	Lunch- <b>Cafeteria</b>	12:00 PM
1:15 PM	Depart for Presentation	Depart for Residence	12:30 PM
1:30 PM	Assert Presentation	Depart for Presentation	1:15 PM
2:45 PM	Goalies Depart for Rink (Players Quiet Time)	Assert Presentation	1:30 PM
3:00 PM	Goalies Warm/Up Dress	Goalies Depart for Rink (Players Quiet Time)	2:45 PM
3:30 PM	MU14 Goalie Session- <b>Rink A</b>	Goalies Warm/Up Dress	3:00 PM
4:15 PM	Depart for Dinner	MU14 Goalie Session- <b>Rink A</b>	3:30 PM
4:30 PM	Dinner- <b>Cafeteria</b>	Depart for Dinner	4:15 PM
		Dinner- <b>Cafeteria</b>	4:30 PM

DAY 5: MONDAY, AUGUST 5TH \*PART 2\*

TIME	Team RED & WHITE	Team BLUE & YELLOW	TIME
5:00 PM	Depart for Residence	Depart for Rink	5:00 PM
6:00 PM	Depart for Rink	Warm Up/Dress	5:15 PM
6:30 PM	Warm Up/Dress	Game- <b>Rink A</b>	6:00 PM
7:15 PM	Game- <b>Rink A</b>	Cool Down	7:15 PM
8:30 PM	Cool Down	Snack	8:00 PM
9:00 PM	Snack	Depart for Residence	8:30 PM
9:30 PM	Depart for Residence	Lights Out	10:00 PM
10:15 PM	Lights Out		

DAY 6: TUESDAY, AUGUST 6TH

TIME	Team RED & BLUE	Team WHITE & YELLOW	TIME
8:45 AM	Wake Up	Wake Up	7:30 AM
9:00 AM	Depart For Breakfast	Depart For Breakfast	7:45 AM
9:15 AM	Breakfast- <b>Cafeteria</b>	Breakfast- <b>Cafeteria</b>	8:00 AM
9:45 AM	Clean Up/Luggage to Arena	Clean Up/Luggage to Arena	8:30 AM
10:15 AM	Warm Up/Dress	Warm Up/Dress	9:00 AM
11:00 AM	Game- <b>Rink B</b>	Game- <b>Rink B</b>	9:45 AM
12:15 PM	Players Depart	Players Depart	11:00 AM