



HOCKEY NL SUMMER CAMP MALE U15



DAY 1: THURSDAY AUGUST 1ST

| TIME    | Team WHITE  | Team BLUE | TIME    |
|---------|---|-----------|---------|
| 4:00 PM | RESIDENCE Registration for all MU15 Players- Arts & Science Residence Building (Main Lobby) |           | 4:00 PM |
| 5:15 PM | Drop off Equipment for all MU15 Players Arena Entrance/Lobby                                |           | 5:15 PM |
| 6:45 PM | Orientation All MU15 Players Meeting Room # 1,2,3   |           | 6:45 PM |
| 7:45 PM | MU15 All Players Meeting Room # 1,2,3   |           | 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     |
|----------|-------------------------|-----------|----------|
| 8:15 AM  | Wake Up                 |           | 8:15 AM  |
| 8:30 AM  | Depart For Breakfast    |           | 8:30 AM  |
| 8:45 AM  | Breakfast- Cafeteria    |           | 8:45 AM  |
| 9:15 AM  | Depart for Team Builder |           | 9:15 AM  |
| 9:30 AM  | Team Builder            |           | 9:30 AM  |
| 11:15 AM | Depart for Testing      |           | 11:15 AM |
| 11:30 AM | Fitness Testing- Gym    |           | 11:30 AM |
| 1:00 PM  | Depart for Lunch        |           | 1:00 PM  |
| 1:15 PM  | Lunch- Cafeteria        |           | 1:15 PM  |
| 1:45 PM  | Depart for Residence    |           | 1:45 PM  |
| 2:30 PM  | Depart for Rink         |           | 2:30 PM  |
| 2:45 PM  | Warm Up/Dress           |           | 2:45 PM  |
| 3:30 PM  | Practice- Rink A        |           | 3:30 PM  |
| 4:30 PM  | Cool Down               |           | 4:30 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  | Practice- Rink B        |           | 7:45 PM  |
| 8:45 PM  | Cool Down               |           | 8:45 PM  |
| 9:15 PM  | Snack                   |           | 9:15 PM  |
| 9:45 PM  | Depart for Residence    |           | 9:45 PM  |
| 10:15 PM | Lights Out              |           | 10:15 PM |

DAY 3: SATURDAY, AUGUST 3RD

| 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  |
| 10:15 AM | Depart for Rink                       |           | 10:15 AM |
| 10:30 AM | Coaches Expectations Meeting          |           | 10:30 AM |
| 11:30 AM | Warm Up/Dress                         |           | 11:30 AM |
| 12:15 PM | Hockey Canada Skills Practice- Rink A |           | 12:15 PM |
| 1:15 PM  | Cool Down then Depart for Lunch       |           | 1:15 PM  |
| 1:45 PM  | Lunch- Cafeteria                      |           | 1:45 PM  |
| 2:15 PM  | Depart for Residence                  |           | 2:15 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  | Depart for Residence                  |           | 4:15 PM  |
| 4:30 PM  | Quiet Time                            |           | 4:30 PM  |
| 5:30 PM  | Depart for Dinner                     |           | 5:30 PM  |
| 5:45 PM  | Dinner- Cafeteria                     |           | 5:45 PM  |
| 6:30 PM  | Depart to Rink to watch MU14 Game     |           | 6:30 PM  |
| 7:30 PM  | Warm Up/Dress                         |           | 7:30 PM  |
| 8:15 PM  | Game- Rink A                          |           | 8:15 PM  |
| 9:45 PM  | Cool Down                             |           | 9:45 PM  |
| 10:15 PM | Snack                                 |           | 10:15 PM |
| 10:30 PM | Depart for Residence                  |           | 10:30 PM |
| 11:00 PM | Lights Out                            |           | 11:00 PM |

DAY 4: SUNDAY, AUGUST 4TH

| TIME     | Team WHITE                                | Team BLUE | TIME     |
|----------|---|-----------|----------|
| 8:15 AM  | Wake Up                                   |           | 8:15 AM  |
| 8:30 AM  | Depart For Breakfast                      |           | 8:30 AM  |
| 8:45 AM  | Breakfast- Cafeteria then Depart for Rink |           | 8:45 AM  |
| 9:15 AM  | Warm Up/Dress                             |           | 9:15 AM  |
| 10:00 AM | Practice- Rink B                          |           | 10:00 AM |
| 11:00 AM | Cool Down then Depart for Lunch           |           | 11:00 AM |
| 11:45 AM | Lunch- Cafeteria                          |           | 11:45 AM |
| 12:15 PM | Depart for Residence                      |           | 12:15 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  | MU15 Goalie Session- Rink A               |           | 1:45 PM  |
| 2:30 PM  | On Ice Performance Testing- Rink A        |           | 2:30 PM  |
| 4:00 PM  | Depart for Dinner                         |           | 4:00 PM  |
| 4:15 PM  | Dinner- Cafeteria                         |           | 4:15 PM  |
| 4:45 PM  | Depart for Rink                           |           | 4:45 PM  |
| 5:00 PM  | Warm Up/Dress                             |           | 5:00 PM  |
| 5:45 PM  | Game- Rink A                              |           | 5:45 PM  |
| 7:15 PM  | Cool Down                                 |           | 7:15 PM  |
| 7:45 PM  | Snack                                     |           | 7:45 PM  |
| 8:15 PM  | Watch MU14 Game                           |           | 8:15 PM  |
| 9:15 PM  | Depart for Residence                      |           | 9:15 PM  |
| 10:15 PM | Lights Out                                |           | 10:15 PM |

DAY 5: MONDAY, AUGUST 5TH

| 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 |
| 11:15 AM | Depart for Rink                             |           | 11:15 AM |
| 11:30 AM | Warm Up/Dress                               |           | 11:30 AM |
| 12:15 PM | Game- Rink A                                |           | 12:15 PM |
| 1:45 PM  | Cool Down then Depart for Lunch             |           | 1:45 PM  |
| 2:15 PM  | Lunch- Cafeteria                            |           | 2:15 PM  |
| 3:00 PM  | Goalies Depart for Rink/ Quiet Time Players |           | 3:00 PM  |
| 3:15 PM  | Warm Up/Dress (Goalies)                     |           | 3:15 PM  |
| 3:45 PM  | MU15 Goalie Session- Rink B                 |           | 3:45 PM  |
| 5:00 PM  | Depart for Dinner                           |           | 5:00 PM  |
| 5:15 PM  | Dinner- Cafeteria                           |           | 5:15 PM  |
| 6:00 PM  | Depart for Presentation                     |           | 6:00 PM  |
| 6:15 PM  | Assert Presentation                         |           | 6:15 PM  |
| 7:30 PM  | Depart for Rink                             |           | 7:30 PM  |
| 7:45 PM  | Warm Up/Dress                               |           | 7:45 PM  |
| 8:30 PM  | Game- Rink A                                |           | 8:30 PM  |
| 10:00 PM | Cool Down/Snack                             |           | 10:00 PM |
| 10:30 PM | Depart for Residence                        |           | 10:30 PM |
| 11:00 PM | Lights Out                                  |           | 11:00 PM |

DAY 6: TUESDAY, AUGUST 6TH

| TIME     | Team WHITE                | Team BLUE | TIME     |
|----------|---------------------------|-----------|----------|
| 10:00 AM | Wake Up                   |           | 10:00 AM |
| 10:15 AM | Depart For Breakfast      |           | 10:15 AM |
| 10:30 AM | Breakfast- Cafeteria      |           | 10:30 AM |
| 11:00 AM | Clean Up/Luggage to Arena |           | 11:00 AM |
| 11:30 AM | Warm Up/Dress             |           | 11:30 AM |
| 12:15 PM | Game- Rink A              |           | 12:15 PM |
| 1:45 PM  | Players Depart            |           | 1:45 PM  |