



HOCKEY NL SUMMER CAMP MALE U16



DAY 1: TUESDAY AUGUST 6TH

TIME	Team WHITE	TIME	Team BLUE	TIME
4:00 PM	Drop Off Equipment @Arena	4:00 PM	Drop Off Equipment @ Arena	4:00 PM
4:15 PM		4:15 PM		4:15 PM
4:30 PM		4:30 PM		4:30 PM
4:45 PM	Orientation	4:45 PM	Orientation	4:45 PM
5:00 PM		5:00 PM		5:00 PM
5:15 PM	Warm Up/Cool Down Review	5:15 PM	Warm Up/Cool Down Review	5:15 PM
5:30 PM	Depart For Residence	5:30 PM		5:30 PM
5:45 PM		5:45 PM	Presentation	5:45 PM
6:00 PM	Drop Off Luggage	6:00 PM		6:00 PM
6:15 PM		6:15 PM	Depart For Residence	6:15 PM
6:30 PM	Supper	6:30 PM		6:30 PM
6:45 PM		6:45 PM	Drop Off Luggage	6:45 PM
7:00 PM	Depart For Arena	7:00 PM		7:00 PM
7:15 PM		7:15 PM	Supper	7:15 PM
7:30 PM	Warm Up/Dress	7:30 PM		7:30 PM
7:45 PM		7:45 PM	Depart For Arena	7:45 PM
8:00 PM		8:00 PM		8:00 PM
8:15 PM	Practice 1	8:15 PM	Warm Up/Dress	8:15 PM
8:30 PM		8:30 PM		8:30 PM
8:45 PM		8:45 PM		8:45 PM
9:00 PM	Cool Down/Snack	9:00 PM		9:00 PM
9:15 PM		9:15 PM	Practice 1	9:15 PM
9:30 PM	Presentation	9:30 PM		9:30 PM
9:45 PM		9:45 PM		9:45 PM
10:00 PM	Depart For Residence	10:00 PM	Cool Down/Snack	10:00 PM
10:15 PM	Quiet Time	10:15 PM	Depart For Residence	10:15 PM
10:30 PM	Lights Out	10:30 PM	Lights Out	10:30 PM

DAY 2: WEDNESDAY, AUGUST 7TH

TIME	Team WHITE	TIME	Team BLUE	TIME
8:30 AM	Wake Up	8:30 AM	Wake Up	8:30 AM
8:45 AM	Breakfast	8:45 AM	Breakfast	8:45 AM
9:00 AM		9:00 AM		9:00 AM
9:15 AM	Depart For Arena	9:15 AM	Depart For Arena	9:15 AM
9:30 AM	Warm Up/Stretch	9:30 AM	Warm Up/Stretch	9:30 AM
9:45 AM		9:45 AM		9:45 AM
10:00 AM		10:00 AM		10:00 AM
10:15 AM		10:15 AM		10:15 AM
10:30 AM		10:30 AM		10:30 AM
10:45 AM	Fitness Testing	10:45 AM	Fitness Testing	10:45 AM
11:00 AM		11:00 AM		11:00 AM
11:15 AM		11:15 AM		11:15 AM
11:30 AM		11:30 AM		11:30 AM
11:45 AM		11:45 AM		11:45 AM
12:00 PM	Cool Down	12:00 PM	Cool Down	12:00 PM
12:15 PM	Depart For Residence	12:15 PM	Depart For Residence	12:15 PM
12:30 PM	Lunch	12:30 PM	Lunch	12:30 PM
12:45 PM		12:45 PM		12:45 PM
1:00 PM		1:00 PM	Depart For Arena	1:00 PM
1:15 PM		1:15 PM		1:15 PM
1:30 PM	Presentation	1:30 PM	Warm Up/Dress	1:30 PM
1:45 PM		1:45 PM		1:45 PM
2:00 PM		2:00 PM		2:00 PM
2:15 PM	Warm Up/Dress	2:15 PM	Practice 2	2:15 PM
2:30 PM		2:30 PM		2:30 PM
2:45 PM		2:45 PM		2:45 PM
3:00 PM		3:00 PM	Cool Down/Snack	3:00 PM
3:15 PM	Practice 2	3:15 PM		3:15 PM
3:30 PM		3:30 PM		3:30 PM
3:45 PM		3:45 PM	Presentation	3:45 PM
4:00 PM	Cool Down/Snack	4:00 PM		4:00 PM
4:15 PM		4:15 PM		4:15 PM
4:30 PM	Goalie Session	4:30 PM	Goalie Session	4:30 PM
4:45 PM		4:45 PM		4:45 PM
5:00 PM		5:00 PM		5:00 PM
5:15 PM	Cool Down/Snack	5:15 PM	Cool Down/Snack	5:15 PM
5:30 PM		5:30 PM		5:30 PM
5:45 PM	Mental Preparation Session	5:45 PM	Mental Preparation Session	5:45 PM
6:00 PM		6:00 PM		6:00 PM
6:15 PM	Dinner	6:15 PM	Dinner	6:15 PM
6:30 PM		6:30 PM		6:30 PM
6:45 PM	Depart For Arena	6:45 PM	Depart For Arena	6:45 PM
7:00 PM		7:00 PM		7:00 PM
7:15 PM	Warm Up/Dress	7:15 PM	Warm Up/Dress	7:15 PM
7:30 PM		7:30 PM		7:30 PM
7:45 PM		7:45 PM		7:45 PM
8:00 PM		8:00 PM		8:00 PM
8:15 PM		8:15 PM		8:15 PM
8:30 PM		8:30 PM		8:30 PM
8:45 PM		8:45 PM		8:45 PM
9:00 PM		9:00 PM		9:00 PM
9:15 PM		9:15 PM		9:15 PM
9:30 PM		9:30 PM		9:30 PM
9:45 PM		9:45 PM		9:45 PM
10:00 PM		10:00 PM		10:00 PM
10:15 PM	Cool Down/Snack	10:15 PM	Cool Down/Snack	10:15 PM
10:30 PM	Depart For Residence	10:30 PM	Depart For Residence	10:30 PM
11:00 PM	Lights Out	11:00 PM	Lights Out	11:00 PM

DAY 3: THURSDAY AUGUST 8TH

TIME	Team WHITE	TIME	Team BLUE	TIME
8:30 AM	Wake Up	8:30 AM	Wake Up	8:30 AM
8:45 AM		8:45 AM		8:45 AM
9:00 AM	Breakfast	9:00 AM	Breakfast	9:00 AM
9:15 AM	Depart For Arena	9:15 AM	Depart For Arena	9:15 AM
9:30 AM		9:30 AM		9:30 AM
9:45 AM	Warm Up/Dress	9:45 AM	Warm Up/Dress	9:45 AM
10:00 AM		10:00 AM		10:00 AM
10:15 AM		10:15 AM		10:15 AM
10:30 AM		10:30 AM		10:30 AM
10:45 AM		10:45 AM		10:45 AM
11:00 AM		11:00 AM		11:00 AM
11:15 AM	Game 2	11:15 AM	Game 2	11:15 AM
11:30 AM		11:30 AM		11:30 AM
11:45 AM		11:45 AM		11:45 AM
12:00 PM		12:00 PM		12:00 PM
12:15 PM		12:15 PM		12:15 PM
12:30 PM		12:30 PM		12:30 PM
12:45 PM	Cool Down/Snack	12:45 PM	Cool Down/Snack	12:45 PM
1:00 PM	Depart For Residence	1:00 PM	Depart For Residence	1:00 PM
1:15 PM	Lunch	1:15 PM	Lunch	1:15 PM
1:30 PM		1:30 PM		1:30 PM
1:45 PM		1:45 PM		1:45 PM
2:00 PM	Quiet Time	2:00 PM	Quiet Time	2:00 PM
2:15 PM		2:15 PM		2:15 PM
2:30 PM		2:30 PM		2:30 PM
2:45 PM		2:45 PM		2:45 PM
3:00 PM	Player Interviews	3:00 PM	Player Interviews	3:00 PM
3:15 PM		3:15 PM		3:15 PM
3:30 PM		3:30 PM		3:30 PM
3:45 PM	Yoga	3:45 PM	Yoga	3:45 PM
4:00 PM		4:00 PM		4:00 PM
4:15 PM		4:15 PM		4:15 PM
4:30 PM		4:30 PM		4:30 PM
4:45 PM	Goalie Interviews	4:45 PM	Goalie Interviews	4:45 PM
5:00 PM		5:00 PM		5:00 PM
5:15 PM	Dinner	5:15 PM	Dinner	5:15 PM
5:30 PM		5:30 PM		5:30 PM
5:45 PM		5:45 PM		5:45 PM
6:00 PM	Depart For Arena	6:00 PM	Depart For Arena	6:00 PM
6:15 PM		6:15 PM		6:15 PM
6:30 PM	Warm Up/Dress	6:30 PM	Warm Up/Dress	6:30 PM
6:45 PM		6:45 PM		6:45 PM
7:00 PM		7:00 PM		7:00 PM
7:15 PM		7:15 PM		7:15 PM
7:30 PM		7:30 PM		7:30 PM
7:45 PM		7:45 PM		7:45 PM
8:00 PM	Game 3	8:00 PM	Game 3	8:00 PM
8:15 PM		8:15 PM		8:15 PM
8:30 PM		8:30 PM		8:30 PM
8:45 PM		8:45 PM		8:45 PM
9:00 PM		9:00 PM		9:00 PM
9:15 PM		9:15 PM		9:15 PM
9:30 PM	Cool Down/Snack	9:30 PM	Cool Down/Snack	9:30 PM
9:45 PM	Depart For Residence	9:45 PM	Depart For Residence	9:45 PM
10:00 PM	Quiet Time	10:00 PM	Quiet Time	10:00 PM
10:30 PM	Lights Out	10:30 PM	Lights Out	10:30 PM

DAY 4: FRIDAY AUGUST 9TH

TIME	Team WHITE	TIME	Team BLUE	TIME
8:00 AM	Wake Up/Bag Pick Up	8:00 AM	Wake Up/Bag Pick Up	8:00 AM
8:15 AM		8:15 AM		8:15 AM
8:30 AM	Breakfast	8:30 AM	Breakfast	8:30 AM
8:45 AM		8:45 AM		8:45 AM
9:00 AM	Depart For Arena	9:00 AM	Depart For Arena	9:00 AM
9:15 AM	Team Meeting	9:15 AM	Team Meeting	9:15 AM
9:30 AM		9:30 AM		9:30 AM
9:45 AM		9:45 AM		9:45 AM
10:00 AM	Warm Up/Dress	10:00 AM	Warm Up/Dress	10:00 AM
10:15 AM		10:15 AM		10:15 AM
10:30 AM		10:30 AM		10:30 AM
10:45 AM		10:45 AM		10:45 AM
11:00 AM		11:00 AM		11:00 AM
11:15 AM		11:15 AM		11:15 AM
11:30 AM	Game 4	11:30 AM	Game 4	11:30 AM
11:45 AM		11:45 AM		11:45 AM
12:00 PM		12:00 PM		12:00 PM
12:15 PM		12:15 PM		12:15 PM
12:30 PM		12:30 PM		12:30 PM
12:45 PM		12:45 PM		12:45 PM
1:00 PM	Cool Down/Snack	1:00 PM	Cool Down/Snack	1:00 PM
1:15 PM	Dressing Room Clean	1:15 PM	Dressing Room Clean	1:15 PM
1:30 PM	Up/Depart	1:30 PM	Up/Depart	1:30 PM