



WOMEN'S CWG PHASE 1 SCHEDULE



DAY 1: FRIDAY, MAY 1		
TIME	Team Red	ARENA
4:30 PM	Check In	SCORE ARENA
5:00 PM	Coaches Expectations Meeting	WARM ROOM
6:00 PM	Practice #1	SCORE ARENA
7:00 PM	Cool Down	SCORE ARENA

DAY 1: FRIDAY, MAY 1		
TIME	Team Black	ARENA
5:00 PM	Check In	SCORE ARENA
5:30 PM	Coaches Expectations Meeting	WARM ROOM
7:00 PM	Practice #1	SCORE ARENA
8:00 PM	Cool Down	SCORE ARENA

DAY 2: SATURDAY, MAY 2		
TIME	Team Red	ARENA
9:00 AM	Practice - ALL FORWARDS	SCORE ZONE
10:00 AM	Practice - ALL DEFENCE	SCORE ZONE
11:30 AM	Presentation- Brad Yetman	WARM ROOM
1:15 PM	On-Ice Performance Testing	SCORE ARENA
5:00 PM	Game #1	SCORE ZONE
6:45 PM	Cool Down	SCORE ZONE
7:00 PM	Goalie Session	SCORE ZONE

DAY 2: SATURDAY, MAY 2		
TIME	Team Black	ARENA
9:00 AM	Practice - ALL FORWARDS	SCORE ZONE
10:00 AM	Practice - ALL DEFENCE	SCORE ZONE
11:30 AM	Presentation- Brad Yetman	WARM ROOM
1:45 PM	On-Ice Performance Testing	SCORE ARENA
5:00 PM	Game #1	SCORE ZONE
6:45 PM	Cool Down	SCORE ZONE
7:00 PM	Goalie Session	SCORE ZONE

DAY 3: SUNDAY, MAY 3		
TIME	Team Red	ARENA
8:30 AM	Game #2	SCORE ARENA
10:15 AM	Cool Down	SCORE ARENA
10:30 AM	Team Builder	WARM ROOM
1:00 PM	Game #3	SCORE ARENA
2:45 PM	Recap/Depart	SCORE ARENA

DAY 3: SUNDAY, MAY 3		
TIME	Team Black	ARENA
8:30 AM	Game #2	SCORE ARENA
10:15 AM	Cool Down	SCORE ARENA
10:30 AM	Team Builder	WARM ROOM
1:00 PM	Game #3	SCORE ARENA
2:45 PM	Recap/Depart	SCORE ARENA