



HOCKEY NL HPP SUMMER CAMP FEMALE U14



DAY 1: MONDAY, JULY 20

TIME	ALL FEMALE U14 TEAMS	TIME
5:00 PM	Equipment Drop Off/Registration for all FU14 Players Arena Entrance/Lobby	5:00 PM
6:15 PM	RESIDENCE Registration for all FU14 Players #6 Residence Building (Main Lobby)	6:15 PM
7:30 PM	Orientation All FU14 Players Meeting Room # 1,2,3	7:30 PM
8:00 PM	FU14 All Players Meeting Room #1,2,3	8:00 PM
8:45 PM	Depart for Residence	8:45 PM
9:30 PM	Lights Out	9:30 PM

DAY 2: TUESDAY, JULY 21

TIME	Team WHITE	Team BLACK	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	Breakfast	8:00 AM
8:30 AM	Warm Up/Dress	Warm Up/Dress	8:30 AM
9:15 AM	On-Ice Testing- Main Arena	On-Ice Testing- Main Arena	9:15 AM
11:00 AM	Goalie Session- Kinsmen Arena	Goalie Session- Kinsmen Arena	11:00 AM
11:45 AM	Lunch	Lunch	11:45 AM
12:15 PM	Warm Up/Dress	Warm Up/Dress	1:15 PM
1:00 PM	HC Skills- Main Arena	HC Skills- Main Arena	2:00 PM
2:00 PM	Cool Down	Cool Down	3:00 PM
2:45 PM	Rest Period	Rest Period	3:45 PM
4:30 PM	Dinner	Dinner	5:00 PM
5:15 PM	Warm Up/Dress	Warm Up/Dress	6:15 PM
6:00 PM	Practice- Main Arena	Practice- Main Arena	7:00 PM
7:00 PM	Cool Down	Cool Down	8:00 PM
7:30 PM	Snack	Snack	8:30 PM
8:00 PM	Depart for Residence	Depart for Residence	9:00 PM
9:45 PM	Lights Out	Lights Out	9:45 PM

DAY 3: WEDNESDAY, JULY 22

TIME	Team WHITE	Team BLACK	TIME
7:45 AM	Wake Up	Wake Up	7:45 AM
8:00 AM	Depart For Breakfast	Depart For Breakfast	8:00 AM
8:15 AM	Breakfast	Breakfast	8:15 AM
9:00 AM	Fitness Testing- Gym	Fitness Testing- Gym	9:00 AM
11:00 AM	Presentation	Presentation	11:00 AM
12:15 PM	Lunch	Lunch	12:15 PM
12:45 PM	Warm Up/Dress	Rest Period	1:00 PM
1:30 PM	Practice- Main Arena	Warm Up/Dress	1:45 PM
2:30 PM	Cool Down	Practice- Main Arena	2:30 PM
3:30 PM	Rest Period	Cool Down	3:30 PM
5:00 PM	Dinner	Dinner	5:00 PM
5:45 PM	Warm Up/Dress	Warm Up/Dress	5:45 PM
6:30 PM	Game #1- Main Arena	Game #1- Main Arena	6:30 PM
7:45 PM	Cool Down	Cool Down	7:45 PM
8:15 PM	Snack	Snack	8:15 PM
8:30 PM	Depart for Residence	Depart for Residence	8:30 PM
10:00 PM	Lights Out	Lights Out	10:00 PM

DAY 4: THURSDAY, JULY 23

TIME	Team WHITE	Team BLACK	TIME
7:45 AM	Wake Up		7:45 AM
8:00 AM	Depart For Breakfast		8:00 AM
8:15 AM	Breakfast		8:15 AM
9:00 AM	Coaches Expectations Meeting		9:00 AM
9:45 AM	Warm Up/Dress		9:45 AM
10:30 AM	Game #2- Main Arena		10:30 AM
11:45 AM	Cool Down		11:45 AM
12:15 PM	Lunch		12:15 PM
1:30 PM	Team Builder		1:30 PM
3:00 PM	Rest Period		3:00 PM
5:00 PM	Dinner		5:00 PM
5:45 PM	Warm Up/Dress		5:45 PM
6:30 PM	Game #3- Main Arena		6:30 PM
7:45 PM	Cool Down		7:45 PM
8:15 PM	Snack		8:15 PM
8:45 PM	Depart for Residence		8:45 PM
10:00 PM	Lights Out		10:00 PM

DAY 5: FRIDAY, JULY 24

TIME	Team WHITE	Team BLACK	TIME
8:45 AM	Wake Up		8:45 AM
9:00 AM	Depart For Breakfast		9:00 AM
9:15 AM	Breakfast		9:15 AM
9:45 AM	Clean Up/Luggage to Arena		9:45 AM
10:15 AM	Warm Up/Dress		10:15 AM
11:00 AM	Game #4 Main Arena		11:00 AM
12:15 PM	Players Depart		12:15 PM