



HOCKEY NL HPP SUMMER CAMP FEMALE U16



DAY 1: MONDAY, JULY 20

TIME	ALL FEMALE U16 TEAMS	TIME
5:00 PM	RESIDENCE Registration for all FU16 Players #6 Residence Building (Main Lobby)	5:00 PM
6:15 PM	Equipment Drop Off/Registration for all FU16 Players Arena Entrance/Lobby	6:15 PM
7:30 PM	Orientation All FU16 Players Meeting Room # 1,2, 3	7:30 PM
8:00 PM	FU16 All Players Canada House	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
9:00 AM	Wake Up		9:00 AM
9:15 AM	Depart For Breakfast		9:15 AM
9:30 AM	Breakfast		9:30 AM
10:15 AM	Warm Up/Dress		10:15 AM
11:00 AM	On-Ice Testing- Main Arena		11:00 AM
12:30 PM	Rest Period & Team Builder - Forwards		12:30 PM
12:45 PM	Goalie Session- Kinsmen Arena		12:45 PM
1:30 PM	Lunch		1:30 PM
2:00 PM	Rest Period & Team Builder - Defence & Goalies		2:00 PM
3:15 PM	Warm Up/Dress		3:15 PM
4:00 PM	HC Skills- Main Arena		4:00 PM
5:15 PM	Cool Down		5:15 PM
6:00 PM	Dinner		6:00 PM
7:15 PM	Warm Up/Dress		7:15 PM
8:00 PM	Practice- Main Arena		8:00 PM
9:15 PM	Cool Down		9:15 PM
9:30 PM	Snack		9:30 PM
10:00 PM	Depart for Residence		10:00 PM
10:45 PM	Lights Out		10:45 PM

DAY 3: WEDNESDAY, JULY 22

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

DAY 4: THURSDAY, JULY 23

TIME	Team WHITE	Team BLACK	TIME
9:00 AM	Wake Up		9:00 AM
9:15 AM	Depart For Breakfast		9:15 AM
9:30 AM	Breakfast		9:30 AM
10:15 AM	Morning Activation		10:15 AM
11:00 AM	Warm Up/Dress		11:00 AM
11:45 AM	Game #2- Main Arena		11:45 AM
1:00 PM	Cool Down		1:00 PM
1:30 PM	Lunch		1:30 PM
3:00 PM	Coaches Expectations Meeting		3:00 PM
4:30 PM	Team Code Workshop		4:30 PM
5:45 PM	Dinner		5:45 PM
7:00 PM	Warm Up/Dress		7:00 PM
7:45 PM	Game #3- Main Arena		7:45 PM
9:00 PM	Cool Down		9:00 PM
9:30 PM	Snack		9:30 PM
9:45 PM	Depart for Residence		9:45 PM
10:30 PM	Lights Out		10:30 PM

DAY 5: FRIDAY, JULY 24

TIME	Team WHITE	Team BLACK	TIME
7:30 AM	Wake Up		7:30 AM
7:45 AM	Depart For Breakfast		7:45 AM
8:00 AM	Breakfast		8:00 AM
8:30 AM	Clean Up/Luggage to Arena		8:30 AM
9:00 AM	Warm Up/Dress		9:00 AM
9:45 AM	Game #4 Main Arena		9:45 AM
11:00 AM	Players Depart		11:00 AM