



HOCKEY NL HPP SUMMER CAMP MALE U14



DAY 1: THURSDAY JULY 16

TIME	ALL MALE U14 TEAMS	TIME
5:00 PM	Equipment Drop Off/Registration for all MU14 Players Arena Entrance/Lobby	5:00 PM
6:15 PM	RESIDENCE Registration for all MU14 Players Arts & Science Residence Building (Main Lobby)	6:15 PM
7:30 PM	Orientation All MU14 Players Meeting Room # 1,2, 3	7:30 PM
8:00 PM	MU14 All Players Meeting 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: FRIDAY, JULY 17

TIME	Team WHITE & BLACK	Team GREY & YELLOW	TIME
7:30 AM	Wake Up	Wake Up	8:00 AM
7:45 AM	Depart For Breakfast	Depart For Breakfast	8:15 AM
8:00 AM	Breakfast	Breakfast	8:30 AM
8:45 AM	Fitness Testing- Gym	Fitness Testing- Gym	9:45 AM
11:00 AM	Team Builder	Team Builder	11:45 AM
12:30 PM	Lunch	Lunch	1:00 PM
1:00 PM	Rest Period	Rest Period	1:30 PM
2:15 PM	Warm Up/Dress	Warm Up/Dress	3:15 PM
3:00 PM	Practice- Kinsmen Arena	Practice- Kinsmen Arena	4:00 PM
4:00 PM	Cool Down	Cool Down	5:00 PM
5:00 PM	Dinner	Dinner	6:00 PM
5:30 PM	Rest Period	Rest Period	6:30 PM
6:15 PM	Warm Up/Dress	Warm Up/Dress	7:15 PM
7:00 PM	Practice- Kinsmen Arena	Practice- Kinsmen Arena	8:00 PM
8:00 PM	Cool Down	Cool Down	9:00 PM
8:30 PM	Snack	Snack	9:30 PM
8:45 PM	Depart for Residence	Depart for Residence	9:45 PM
9:45 PM	Lights Out	Lights Out	10:15 PM

DAY 3: SATURDAY, JULY 18 *PART 1*

TIME	Team WHITE & BLACK	Team GREY & YELLOW	TIME
7:30 AM	Wake Up	Wake Up	8:00 AM
7:45 AM	Depart For Breakfast	Depart For Breakfast	8:15 AM
8:00 AM	Breakfast	Breakfast	8:30 AM
8:45 AM	Warm Up/Dress	Warm Up/Dress	9:45 AM
9:30 AM	Game #1 Main Arena	Game #1 Main Arena	10:30 AM
10:30 AM	Cool Down/Snack	Cool Down/Snack	11:30 AM
12:15 PM	Presentation	Presentation	12:15 PM
1:30 PM	Lunch	Lunch	1:30 PM
2:30 PM	Coaches Expectations Meeting	Coaches Expectations Meeting	2:30 PM
3:45 PM	Rest Period	Rest Period	3:45 PM
4:45 PM	Dinner	Dinner	5:15 PM

DAY 3: SATURDAY, JULY 18 *PART 2*

TIME	Team WHITE & GREY	Team YELLOW & BLACK	TIME
5:45 PM	Warm Up/Dress	Warm Up/Dress	6:45 PM
6:30 PM	Game #2 Main Arena	Game #2 Main Arena	7:30 PM
7:30 PM	Cool Down	Cool Down	8:30 PM
8:00 PM	Snack	Snack	9:00 PM
8:45 PM	Depart for Residence	Depart for Residence	9:30 PM
10:00 PM	Lights Out	Lights Out	10:15 PM

DAY 4: SUNDAY, JULY 19

TIME	Team GREY & BLACK	Team WHITE & YELLOW	TIME
8:00 AM	Wake Up	Wake Up	8:15 AM
8:15 AM	Depart For Breakfast	Depart For Breakfast	8:30 AM
8:30 AM	Breakfast	Breakfast	8:45 AM
9:15 AM	Warm Up/Dress	Warm Up/Dress	10:15 AM
10:00 AM	HC Skills- Kinsmen Arena	HC Skills- Kinsmen Arena	11:00 AM
11:00 AM	Cool Down	Cool Down	12:00 PM
12:00 PM	Lunch	Lunch	12:30 PM
1:00 PM	Goalie Session- Kinsmen Arena	Goalie Session- Kinsmen Arena	1:00 PM
2:00 PM	Warm Up/Dress	Rest Period	2:00 PM
2:45 PM	On-Ice Testing- Main Arena	Warm Up/Dress	3:00 PM
4:15 PM	Rest Period	On-Ice Testing- Main Arena	3:45 PM
5:15 PM	Dinner	Dinner	5:45 PM
6:30 PM	Warm Up/Dress	Warm Up/Dress	7:30 PM
7:15 PM	Game #3- Kinsmen Arena	Game #3- Kinsmen Arena	8:15 PM
8:15 PM	Cool Down	Cool Down	9:15 PM
8:45 PM	Snack	Snack	9:30 PM
9:15 PM	Depart for Residence	Depart for Residence	10:00 PM
10:15 PM	Lights Out	Lights Out	10:45 PM

DAY 5: MONDAY, JULY 20

TIME	Team WHITE & BLACK	Team GREY & YELLOW	TIME
8:30 AM	Wake Up	Wake Up	7:30 AM
8:45 AM	Depart For Breakfast	Depart For Breakfast	7:45 AM
9:00 AM	Breakfast	Breakfast	8:00 AM
9:30 AM	Clean Up/Luggage to Arena	Clean Up/Luggage to Arena	8:30 AM
10:00 AM	Warm Up/Dress	Warm Up/Dress	9:00 AM
10:45 AM	Game #4 Main Arena	Game #4 Main Arena	9:45 AM
11:45 AM	Players Depart	Players Depart	10:45 AM