



HOCKEY NL HPP SUMMER CAMP MALE U15



DAY 1: THURSDAY JULY 16

TIME	ALL MALE U15 TEAMS	TIME
5:00 PM	RESIDENCE Registration for all MU15 Players Arts & Science Residence Building (Main Lobby)	5:00 PM
6:15 PM	Equipment Drop Off/Registration for all MU15 Players Arena Entrance/Lobby	6:15 PM
7:30 PM	Orientation All MU15 Players Meeting Room # 1,2, 3	7:30 PM
8:00 PM	MU15 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: FRIDAY, JULY 17

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

DAY 3: SATURDAY, JULY 18

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
10:30 AM	Coaches Expectations Meeting		10:30 AM
11:15 AM	Warm Up/Dress		11:15 AM
12:00 PM	Game #1- Kinsmen Arena		12:00 PM
1:30 PM	Cool Down		1:30 PM
2:00 PM	Lunch		2:00 PM
3:00 PM	Presentation		3:00 PM
4:30 PM	Rest Period		4:30 PM
5:30 PM	Dinner		5:30 PM
6:30 PM	Warm Up/Dress		6:30 PM
7:15 PM	Game #2- Kinsmen Arena		7:15 PM
8:45 PM	Cool Down		8:45 PM
9:15 PM	Snack		9:15 PM
9:45 PM	Depart for Residence		9:45 PM
10:30 PM	Lights Out		10:30 PM

DAY 4: SUNDAY, JULY 19

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 Performance Testing- Main Arena		11:00 AM
1:00 PM	Lunch		1:00 PM
2:00 PM	Goalie Session- Kinsmen Arena		2:00 PM
2:30 PM	Warm Up/Dress	Rest Period	2:30 PM
3:00 PM	HC Skills- Kinsmen Arena	Warm Up/Dress	3:30 PM
4:15 PM	Rest Period	HC Skills- Kinsmen Arena	4:00 PM
5:30 PM	Dinner		5:30 PM
6:30 PM	Warm Up/Dress		6:30 PM
7:15 PM	Game #3- Main Arena		7:15 PM
8:45 PM	Cool Down		8:45 PM
9:15 PM	Snack		9:15 PM
9:45 PM	Depart for Residence		9:45 PM
10:30 PM	Lights Out		10:30 PM

DAY 5: MONDAY, JULY 20

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
9:00 AM	Clean Up/Luggage to Arena		9:00 AM
9:30 AM	Warm Up/Dress		9:30 AM
10:15 AM	Game #4 Kinsmen Arena		10:15 AM
11:45 AM	Players Depart		11:45 AM