


GOLD Session

June 21-27 & June 28-July 4, 2010

Schedule subject to

Day 1 MONDAY <i>June 21/June 28</i>	Day 2 TUESDAY <i>June 22/June 29</i>	Day 3 WEDNESDAY <i>June 23/June 30</i>	Day 4 THURSDAY <i>June 24/July 1</i>	Day 5 FRIDAY <i>June 25/July 2</i>	Day 6 SATURDAY <i>June 26/July 3</i>	Day 7 SUNDAY <i>June 27/July 4</i>
CHECK-IN 4:00pm at Rink	WAKE UP 7:15am BREAKFAST 7:30-8:00 in room	WAKE UP 7:30am BREAKFAST 7:30-8:30 in room	WAKE UP 7:30am BREAKFAST 7:30-8:30 in room	WAKE UP 7:30am BREAKFAST 7:30-8:30 in room	WAKE UP 7:15am BREAKFAST 7:30-8:15 at Ranch	WAKE UP 7:00am BREAKFAST 7:00-7:45 in room
DINNER 4:00-4:45 BBQ at Rink	HIKE 8:30-11:30 Meet in BRR lobby at 8:15am	ACTIVITY 9:00-12:00	MOUNTAIN BIKING 9:00-12:30	PACK DAY BAG FOR SALIDA TRIP 8:30-9:30 (see list of what to pack)	PAINTBALL GUN WAR 8:45-11:15	CHECK OUT Beaver Run Resort 8:00-8:45
ORIENTATION 4:45-5:15 meet at Rink	DRYLAND TRAINING 12:00-12:30 at Rink	LUNCH 12:30-1:15 at Rink	LUNCH 1:00-1:45 at Rink	DRYLAND TRAINING 10:15-10:45 LECTURE 10:45-11:15 at Rink	LV FOR BRECKENRIDGE 12:15 LUNCH ON BUS	ICE #6 9:30-10:45 Final Game
ICE #1 5:45-7:15 Skills Training Player Groupings	LUNCH 12:30-1:15 at Rink	LECTURE 1:15-2:00 at Rink	LECTURE 1:45-2:15 at Rink	LUNCH 11:15-12:00 LV for RAFTING 12:15 from Rink	ARRIVE BRECKENRIDGE (Rink) 2:30	CLOSING 11:00-12:00 BBQ
TO RESORT Beaver Run Resort 7:45-8:45 Check-in	LECTURE 1:15-2:00	DRYLAND TRAINING 2:00-2:45 at Rink	DRYLAND TRAINING 2:30-3:00 at Rink	RAFTING 2:30-5:30	ICE #5 3:45-6:00	
ACTIVITY 8:45-9:30	ICE #2 2:45-4:30	ICE #3 3:30-5:45	ICE #4 3:30-5:45	TEAM SKILLS 6:00-6:30 Basketball & Sand V-ball	DINNER 6:30-7:30 in Town	* Activities may be added, cancelled or re-scheduled as deemed necessary by PH Staff.
IN ROOMS 9:30	ACTIVITY 4:30-6:00	DINNER 6:30-7:30 in Town	DINNER 6:30-7:30 in Town	HOT SPRINGS 6:30-7:30 DINNER 7:30-8:00 - @ Hot Springs	SWIMMING & PACK	
LIGHTS OUT 10:30pm	DINNER 6:30-7:30 in Town	EVENING ACTIVITY 8:00-9:15	EVENING ACTIVITY 8:00-9:45	PLANET HOCKEY RANCH - Salida Activities & Lodging at Ranch (Salida, CO)	IN ROOMS 9:30 LIGHTS OUT 10:30pm	
	EVENING ACTIVITY 8:00-9:15	IN ROOMS 9:30 LIGHTS OUT 10:30pm	IN ROOMS 10:00 LIGHTS OUT 10:30pm	<ul style="list-style-type: none"> • 3 on 3 hockey • Camp Fire • Ranch Activities • Stay in Cabins 		
	IN ROOMS 9:30 LIGHTS OUT 10:30pm			IN CABINS 10:15 LIGHTS OUT 10:30pm		Planet Hockey Ranch Breckenridge, CO www.planethockey.com