Denver, CO, June 10-14, 2024 Group A Schedule (2014 & younger)	
Time	Activity
7:30 am	Check-in
8:15-9:00	Ice Session #1 - Individual Skills Circuit Training
9 :00- 10 :00	Ice Session #2 - Small Games & Dynamic Skills
10 :20- 11 :00	Dryland Training
11:20- 11:50	Lunch
12- 12:35	Classroom & Focus Session
12:45- 1:15	Stickhandling & Dynamic cooldown
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program
Tuesday Time	Activity
8:15 am	Check-in
8:45-9:30	•••••
	Ice Session #1 - Individual Skills Circuit Training
9:30-10:45	Ice Session #2 - Small Games & Dynamic Skills
1 1:00 - 11: 35	Dryland Training
11:45- 12:15	Lunch
12:30- 1:00	Classroom & Focus Session
1:00 – 1:20	Stickhandling & Dynamic cooldown
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program
Wednesday	
Time 8:30am	Activity Check-in
9:00 - 10:15	Ice Session – Skating & Skill Evaluation
1 0:40 - 11 :15	Dryland Training
11:30- 12:00	Lunch
12:15- 12:45	Classroom & Focus Session
1:00 - 1:20	Stickhandling & Dynamic cooldown
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program
Thursday	
	Activity
Time 8:30am	Activity Check-in
Time	
Time 8:30am	Check-in
Time 8: 30am 9: 00- 9:45	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills
Time 8:30am 9:00-9:45 9:45-10:50	Check-in Ice Session #1 - Individual Skills Circuit
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am 9:00-9:45	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in Ice Session #1 - Individual Skills Circuit
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am 9:00-9:45 9:45-10:45	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – PH Cup Game
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am 9:00-9:45 9:45-10:45 11:00-11:35	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – PH Cup Game Dryland Training
Time 8:30am 9:00-9:45 9:45-10:50 11:10-11:40 12:00-12:30 12:45-1:15 1:30pm 2:15-3:15pm Friday Time 8:30am 9:00-9:45 9:45-10:45 11:00-11:35 11:45-12:15	Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – Small Games/Dynamic Skills Dryland Training Lunch Lecture & Focus Session Check Out On Ice STP Program Activity Check-in Ice Session #1 - Individual Skills Circuit Ice Session #2 – PH Cup Game Dryland Training Lunch