

Denver, CO, June 10-14, 2024



## Group A Schedule (2014 & younger)

### Monday

Time	Activity
7:30am	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
8:15am	Check-in
8:45-9:30	Ice Session #1 - Individual Skills Circuit Training
9:30- 10:45	Ice Session #2 - Small Games & Dynamic Skills
11:00- 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	Activity
8:30am	Check-in
9:00-10:15	Ice Session – Skating & Skill Evaluation
10:40- 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

Time	Activity
8:30am	Check-in
9:00-9:45	Ice Session #1 - Individual Skills Circuit
9:45-10:50	Ice Session #2 – Small Games/Dynamic Skills
11:10-11:40	Dryland Training
12:00-12:30	Lunch
12:45-1:15	Lecture & Focus Session
1:30pm	Check Out
2:15-3:15pm	On Ice STP Program

### Friday

Time	Activity
8:30am	Check-in
9:00-9:45	Ice Session #1 - Individual Skills Circuit
9:45-10:45	Ice Session #2 – PH Cup Game
11:00-11:35	Dryland Training
11:45-12:15	Lunch
12:15-12:45	Classroom & Focus Session
1:00pm	Check-out & Closing Ceremony

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