

**MONDAY – June 6**

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

TUESDAY – June 7

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

WEDNESDAY – June 8

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

THURSDAY – June 9

Time	Activity
8:15-8:30am	Check-in
9:00-10:00	Ice #1 - Individual Skills Circuit Training
10:00-11:00	Ice #2 – Small Games & Dynamic Skills
11:15-11:45	Dryland Training
11:45-12:15	Lunch
12:15-12:45	Lecture & Focus Session
1:00pm	Check-out

FRIDAY – June 10

Time	Activity
8:15-8:30am	Check-in
9:15-10:10	Ice #1 - Individual Skills Circuit Training
10:10-11:10	Ice #2 – GAME – Planet Hockey Cup
11:30-12:00	Dryland Training
12:00-12:30	Lunch
12:30-1:00	Lecture & Focus Session
1:00-1:15pm	Camp Closing & Check-out

**MONDAY – June 6**

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

TUESDAY – June 7

Time	Activity
9:00am	Check-in
9:15-9:45	Dryland Training
9:45-10:15	Lecture & Focus Session
10:15-10:45	Lunch
11:15-12:30	Ice #1 - Individual Skills Circuit Training (MAG)
12:30-1:15	Ice #2 – Small Games & Dynamic Skills
1:30pm	Check-out
1:30-2:45pm	On Ice STP Program

WEDNESDAY – June 8

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

THURSDAY – June 9

Time	Activity
9:00am	Check-in
9:15-9:45	Dryland Training
9:45-10:15	Lecture & Focus Session
10:15-10:45	Lunch
11:15-12:15	Ice #1 - Individual Skills Circuit Training
12:15-1:15	Ice #2 – Small Games & Dynamic Skills
1:30pm	Check-out

FRIDAY – June 10

Time	Activity
9:00am	Check-in
9:15-9:45	Dryland Training
9:45-10:15	Lecture & Focus Session
10:15-10:45	Lunch
11:15-12:15	Ice #1 - Individual Skills Circuit Training
12:15-1:15	Ice #2 – GAME – Planet Hockey Cup
1:30-1:45pm	Camp Closing & Check-out