

Denver, CO, June 10-14, 2024

Group B Schedule

(2013 & Older)



Monday

Time	Activity
7:30am	Check-in
8:30-9:15	Dryland Training
10:00- 10:45	Ice Session #1 - Individual Skills Circuit
10:45- 11:15	Snack
11:30- 12:30	Ice Session #2 – Small Games/Dynamic Skills
12:45 – 1:15	Classroom & Focus Session
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program

Tuesday

Time	Activity
8:30am	Check-in
8:45-9:15am	Dryland Training
9:20- 9:50	Classroom & Focus Session
10:30- 11:30	Ice Session #1 - Individual Skills Circuit
11:30- 12:30	Ice Session #2 – Small Games/Dynamic Skills
12:45- 1:15	Lunch
1:15 – 1:30	Stickhandling & Dynamic cooldown
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program

Wednesday

Time	Activity
8:45am	Check-in
9:15-9:45	Dryland Training
10:00- 10:30	Classroom & Focus Session
10:30- 10:45	Dynamic Warmup & Preparation
11:30- 12:45	Ice Session – Skating & Skill Evaluation
1:00- 1:30	Lunch
1:30pm	Check-out
2:15-3:15pm	On Ice STP Program

Thursday

Time	Activity
9:00am	Check-in
9:30-10:00	Dryland Training
10:00- 10:15	Dynamic Warmup & Stickhandling
10:50- 11:30	Ice Session #1 - Individual Skills Circuit
11:30- 12:45	Ice Session #2 – Small Games/Dynamic Skills
1:00 – 1:20	Lunch
1:20-1:40	Classroom & Focus Session
1:45pm	Check-out
2:15-3:15pm	On Ice STP Program

Friday

Time	Activity
8:45am	Check-in
9:00-9:30	Dryland Training
9:30-10:00	Classroom & Focus Session
10-10:20	Snack
10:45-11:45	Ice Session #1 - Individual Skills Circuit
11:45-12:45	Ice Session #2 – PH Cup Game
1:00pm	Check-out & Closing Ceremony

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