August 18, 2019

10:30 AM - 11:00 AM	**DAY 1 REGISTRATION**
11:15 AM - 11:45 AM	**CHANGE FOR ICE**
11:45 AM - 12:45 PM	**ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT**
12:30 PM - 1:00 PM	**CHANGE FOR DRY LAND**
1:00 PM - 2:00 PM	**DRY LAND #1 - STREGTH AND POWER**
2:00 PM - 3:00 PM	**LUNCH**
3:00 PM - 3:30 PM	**CHANGE FOR ICE**
3:30 PM - 4:30 PM	**ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING**
4:30 PM - 5:00 PM	**CHANGE FOR DRY LAND**
5:00 PM - 6:00 PM	**DRY LAND #2**
6:00 PM - 6:15 PM	**CHECK OUT WITH COACHES**

August 19, 2019

11:00 AM - 11:30 AM	**CHECK IN**
11:15 AM - 11:45 AM	**CHANGE FOR ICE**
11:45 AM - 12:45 PM	**ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT**
12:30 PM - 1:00 PM	**CHANGE FOR DRY LAND**

August 19, 2019 Continued

1:00 PM - 2:00 PM	**DRY LAND #1 - STREGTH AND POWER**
2:00 PM - 3:00 PM	**LUNCH**
3:00 PM - 3:30 PM	**CHANGE FOR ICE**
3:30 PM - 4:30 PM	**ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING**
4:30 PM - 5:00 PM	**CHANGE FOR DRY LAND**
5:00 PM - 6:00 PM	**DRY LAND #2**
6:00 PM - 6:15 PM	**CHECK OUT WITH COACHES**

August 20, 2019

11:00 AM - 11:30 AM	**CHECK IN WITH COACHES**
11:15 AM - 11:45 AM	**CHANGE FOR ICE**
11:45 AM - 12:45 PM	**ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT**
12:30 PM - 1:00 PM	**CHANGE FOR DRY LAND**
1:00 PM - 2:00 PM	**DRY LAND #1 - STREGTH AND POWER**
2:00 PM - 3:00 PM	**LUNCH**
3:00 PM - 3:30 PM	**CHANGE FOR ICE**
3:30 PM - 4:30 PM	**ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING**

August 20, 2019 Continued

4:30 PM - 5:00 PM	**CHANGE FOR DRY LAND**
5:00 PM - 6:00 PM	**DRY LAND #2**
6:00 PM - 6:15 PM	**CHECK OUT WITH COACHES**

August 21, 2019

11:00 AM - 11:30 AM	**CHECK IN WITH COACHES**
11:15 AM - 11:45 AM	**CHANGE FOR ICE**
11:45 AM - 12:45 PM	**ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT**
12:30 PM - 1:00 PM	**CHANGE FOR DRY LAND**
1:00 PM - 2:00 PM	**DRY LAND #1 - STREGTH AND POWER**
2:00 PM - 3:00 PM	**LUNCH**
3:00 PM - 3:30 PM	**CHANGE FOR ICE**
3:30 PM - 4:30 PM	**ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING**
4:30 PM - 5:00 PM	**CHANGE FOR DRY LAND**
5:00 PM - 6:00 PM	**DRY LAND #2**
6:00 PM - 6:15 PM	**CHECK OUT WITH COACHES**

August 22, 2019

11:00 AM - 11:30 AM	**CHECK IN WITH COACHES**
11:15 AM - 11:45 AM	**CHANGE FOR ICE**
11:45 AM - 12:45 PM	**ON ICE SESSION #1 - SKATING AND SKILL DEVELOPMENT**
12:30 PM - 1:00 PM	**CHANGE FOR DRY LAND**
1:00 PM - 2:00 PM	**DRY LAND #1 - STREGTH AND POWER**
2:00 PM - 3:00 PM	**LUNCH**
3:00 PM - 3:30 PM	**CHANGE FOR ICE**
3:30 PM - 4:30 PM	**ICE SESSION #2 - GAME SITUATION /COMPETE / CONDITIONING**
4:30 PM - 5:00 PM	**CHANGE FOR DRY LAND**
5:00 PM - 6:00 PM	**DRY LAND #2**
6:00 PM - 6:15 PM	**CHECK OUT WITH COACHES**