

August 23, 2021

10:30 AM - 11:00 AM	DAY ONE CAMP CHECK IN
11:00 AM - 11:30 AM	DRESS FOR ICE
11:30 AM - 12:30 PM	ON ICE SESSION 1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 12:45 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1
2:00 PM - 2:45 PM	LUNCH BREAK
2:45 PM - 3:15 PM	DRESS FOR ICE
3:15 PM - 4:15 PM	ON ICE SESSION #2 - GAME SITUATION DEVELOPMENT
4:15 PM - 4:30 PM	CHANGE FOR DRY LAND
4:30 PM - 5:30 PM	DRY LAND #2 - SPEED, AGILITY AND MOBILITY
5:15 PM - 5:15 PM	END OF DAY - PICK UP

August 24, 2021

11:00 AM - 11:00 AM	CAMP CHECK IN
11:30 AM - 12:30 PM	ON ICE SESSION 1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 12:45 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1

August 24, 2021 Continued

2:00 PM - 2:45 PM	LUNCH BREAK
2:45 PM - 3:15 PM	DRESS FOR ICE
3:15 PM - 4:15 PM	ON ICE SESSION #2 - GAME SITUATION DEVELOPMENT
4:15 PM - 4:30 PM	CHANGE FOR DRY LAND
4:30 PM - 5:30 PM	DRY LAND #2 - SPEED, AGILITY AND MOBILITY
5:15 PM - 5:15 PM	END OF DAY - PICK UP

August 25, 2021

11:00 AM - 11:00 AM	CAMP CHECK IN
11:30 AM - 12:30 PM	ON ICE SESSION 1 - SKATING AND SKILL DEVELOPMENT
12:30 PM - 12:45 PM	CHANGE FOR DRY LAND
1:00 PM - 2:00 PM	DRY LAND #1
2:00 PM - 2:45 PM	LUNCH BREAK
2:45 PM - 3:15 PM	DRESS FOR ICE
3:15 PM - 4:15 PM	ON ICE SESSION #2 - GAME SITUATION DEVELOPMENT
4:15 PM - 4:30 PM	CHANGE FOR DRY LAND
4:30 PM - 5:30 PM	DRY LAND #2 - SPEED, AGILITY AND MOBILITY

August 25, 2021 Continued

5:15 PM - 5:15 PM

END OF DAY - PICK UP

August 26, 2021

11:00 AM - 11:00 AM

CAMP CHECK IN

11:30 AM - 12:30 PM

ON ICE SESSION 1 - SKATING AND SKILL DEVELOPMENT

12:30 PM - 12:45 PM

CHANGE FOR DRY LAND

1:00 PM - 2:00 PM

DRY LAND #1

2:00 PM - 2:45 PM

LUNCH BREAK

2:45 PM - 3:15 PM

DRESS FOR ICE

3:15 PM - 4:15 PM

ON ICE SESSION #2 - GAME SITUATION DEVELOPMENT

4:15 PM - 4:30 PM

CHANGE FOR DRY LAND

4:30 PM - 5:30 PM

DRY LAND #2 - SPEED, AGILITY AND MOBILITY

5:15 PM - 5:15 PM

END OF DAY - PICK UP

August 27, 2021

11:00 AM - 11:00 AM

CAMP CHECK IN

11:30 AM - 12:30 PM

ON ICE SESSION 1 - SKATING AND SKILL DEVELOPMENT

12:30 PM - 12:45 PM

CHANGE FOR DRY LAND

August 27, 2021 Continued

1:00 PM - 2:00 PM	DRY LAND #1
2:00 PM - 2:45 PM	LUNCH BREAK
2:45 PM - 3:15 PM	DRESS FOR ICE
3:15 PM - 4:15 PM	ON ICE SESSION #2 - GAME SITUATION DEVELOPMENT
4:15 PM - 4:30 PM	CHANGE FOR DRY LAND
4:30 PM - 5:30 PM	DRY LAND #2 - SPEED, AGILITY AND MOBILITY
5:15 PM - 5:15 PM	END OF DAY - PICK UP