



Time MON 40	TUEO 47	WED 40	TIII 40	EDL 00	CAT 04
Time MON - 16	TUES - 17	WED - 18	THU - 19	FRI - 20	SAT - 21
6 :00	Skills Sessions 6:00 - 7:15 - Forwards - Rink A			6:30 Breakfast 7:00	-
<b>-</b> :00	6:15 - 7:30 - Defence - Rink B	7:00 Breakfast		Arena 7:15 Dryland Simulations	_
7 <del>30</del>		7-45 Dryland Simulations		Archa 71.16 Brytana Ginidiadons	
2 :00 45 Breakfast Breakfast	4xettee 8:00 Breakfast	8:00 Pre-Game Dryland Session		8:15	8:00 Breakfast
<del>6</del> :30		8:45	8:30 Breakfast	8:15 Pre-Game Skate 9:00	
9 :00		9:00 Lunch			
30		G 10:00		o 10:00	υ 10:00
10 Rink 10:30 Dryland Simulations	10:45 Lunch for all involved in	Seminar 11:00		9 Seminar S T 11:00	Seminar Seminar
4 :00	10:45 Lunch for all involved in goalie skills session	<b>め</b> 主 11:00		0 I 1100	<b>ਲੱ</b> ± 11:00
11 :30	11:30 Seminar		Skills Sessions 11:15 - 12:30 - Defence - Rink B 11:30 - 12:45 - Forwards - Rink A		11:30 Lunch
12 :00 RINKE Practice	9 Seminar 8 Seminar 9 12:30	- Rink B 12:20 On-ice Warm-up	11.30 - 12.45 - FUIWAIUS - KIIIK A		
12:45	13:00	12:40	Goalies skills		Arena 12:30 Dryland Simulations
13 :00   13:30   Lunch	Lunch for rest of team  13:45	13.00	session	13:30	b 13:30
14:15 Lunch	13:45	Game K2 vs Olympus		13:30 Lunch	Pre-Game Skate
14 \frac{.00}{:30}	Goalie Skills session	kirk K2 vs Olympus	المراجعة ا		
4E :00	19:00	15:30	Camp Lunch and Activity		
15:45	Arena 15:45 Dryland Simulations			Rink B 15:50 On-ice warm up	-
16 :00			16:30	16:10	<u> </u>
30 Bubble Fitness Testing	16:45	16:30 Dinner		16:30	<b>№</b> 17:00
$17\frac{:00}{:20}$	RINK Practice	17:30		♦ Game	17:00 Dinner
18:15	18:00	Body Composition Testing	7.00 IO.00	Game Fuji vs K2	
18 :30 18:30 Dinner			Dinner 18:45	40.00	
19:15	19:00 Dinner	19:00		19:00	2:40 19:20
19 :30	19:45	-			Rink B 19:20 19:40 On-ice warm up
20 :00 g a Seminar			20:15	20:00 Dinner 20:45	20:00
20 :30 Seminar Seminar	21:00 Speek		RIM* Practice	20:45	<b>—</b> Game
21 :00 to 21:15 Snack 21:45	21:00 Snack	Snack	21:30		Game K2 vs Matterhorn
7 :00 :30   8:00   8:30   Breakfast    9 :00   30   Rink   10:30   Dryland Simulations    11 :00   30   11:30   Practice    12 :00   30   12:45    13 :00   30   14:15   Lunch    14 :00   30   15:45    16 :00   30   18:15    17 :00   30   18:15    18 :00   18:15   Dinner    19 :00   30   19:15    20 :00   30   30   21:00    21 :00   30   30   30   30    21 :00   30   30   30    21 :00   30   30   30    22 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    23 :00   30   30    24 :00   30   30    25 :00   30   30    27 :00   30   30    28 :00   30   30    29 :00   30   30    20 :00   30   30    21 :00   30   30    23 :00   30   30    24 :00   30   30    25 :00   30   30    26 :00   30   30    27 :00   30   30    28 :00   30   30    29 :00   30   30    20 :00   30   30    20 :00   30   30    21 :00   30   30    22 :00   30   30    23 :00   30    24 :00   30    25 :00   30    26 :00   30    27 :00   30    28 :00   30    29 :00   30    20 :00   30		22:00 Snack			
22 - 30					22:30
33 :00					23:00 Post Game Meal
23 :30					23:45