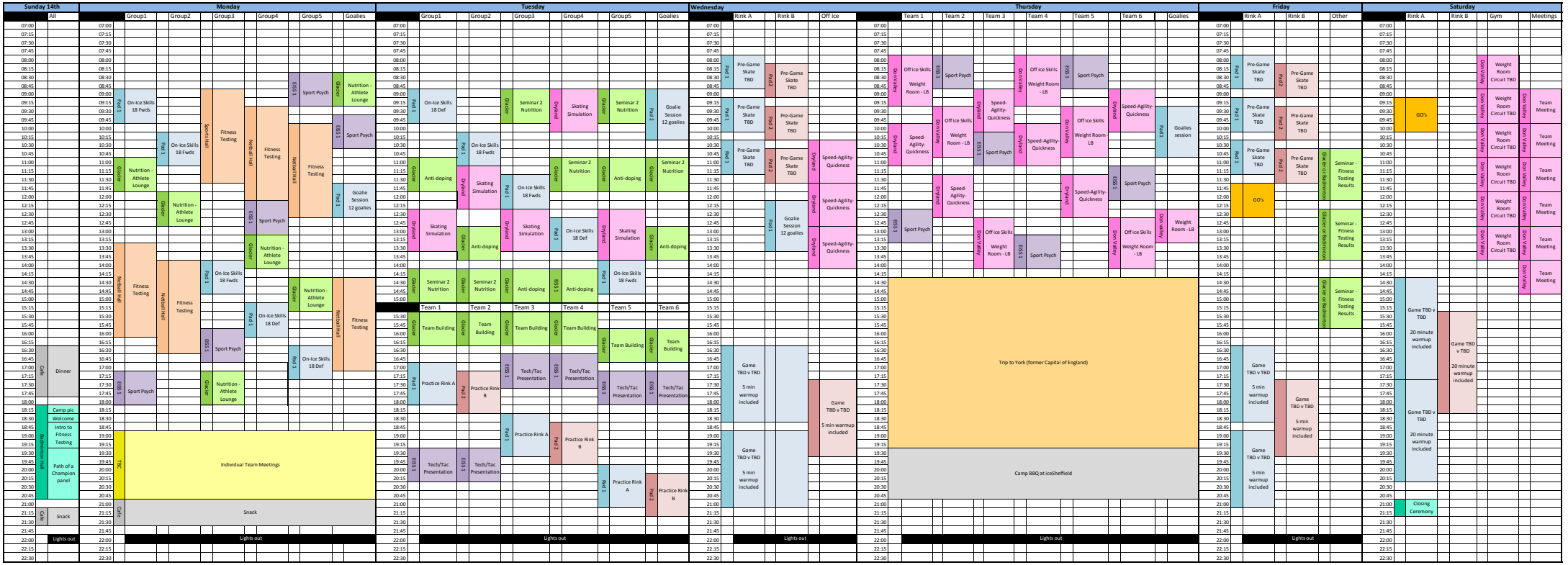

Sunday 14th

	All
07:00	
07:15	
07:30	
07:45	
08:00	
08:15	
08:30	
08:45	
09:00	
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15:00	
15:15	
15:30	
15:45	
16:00	
16:15	
16:30	
16:45	
17:00	Dinner
17:15	
17:30	
17:45	
18:00	
18:15	Camp pic
18:30	Welcome
18:45	Intro to Fitness Testing
19:00	
19:15	
19:30	Path of a Champion panel
19:45	
20:00	
20:15	
20:30	
20:45	
21:00	
21:15	Snack
21:30	
21:45	
22:00	Lights out
22:15	
22:30	

Monday

	Group1	Group2	Group3	Group4	Group5	Goalies
07:00						
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45					ESS 1 Sport Psych	Glacier Nutrition - Athlete Lounge
09:00						
09:15	Pad 1 On-Ice Skills 18 Fwds					
09:30						
09:45						
10:00						
10:15		Pad 1 On-Ice Skills 18 Fwds	Sports Hall Fitness Testing			
10:30						
10:45						
11:00						
11:15	Glacier Nutrition - Athlete Lounge			Netball Hall Fitness Testing	Netball Hall Fitness Testing	ESS 1 Sport Psych
11:30						
11:45						
12:00						
12:15		Glacier Nutrition - Athlete Lounge				Pad 1 Goalie Session 12 goalies
12:30						
12:45				ESS 1 Sport Psych		
13:00						
13:15						
13:30				Glacier Nutrition - Athlete Lounge		
13:45						
14:00						
14:15	Netball Hall Fitness Testing	Netball Hall Fitness Testing	Pad 1 On-Ice Skills 18 Fwds			
14:30						
14:45					Glacier Nutrition - Athlete Lounge	
15:00						
15:15						
15:30				Pad 1 On-Ice Skills 18 Def		Netball Hall Fitness Testing
15:45						
16:00						
16:15			ESS 1 Sport Psych			
16:30						
16:45					Pad 1 On-Ice Skills 18 Def	
17:00						
17:15						
17:30	ESS 1 Sport Psych		Glacier Nutrition - Athlete Lounge			
17:45						
18:00						
18:15						
18:30						
18:45						
19:00	TBC Individual Team Meetings					
19:15						
19:30						
19:45						
20:00						
20:15						
20:30						
20:45						
21:00	Cafe Snack					
21:15						
21:30						
21:45						
22:00	Lights out					
22:15						
22:30						

Tuesday

	Group1	Group2	Group3	Group4	Group5	Goalies
07:00						
07:15						
07:30						
07:45						
08:00						
08:15						
08:30						
08:45						
09:00						
09:15	Pad 1 On-Ice Skills 18 Def		Glacier Seminar 2 Nutrition	Dryland Skating Simulation	Glacier Seminar 2 Nutrition	Pad 2 Goalie Session 12 goalies
09:30						
09:45						
10:00						
10:15						
10:30		Pad 1 On-Ice Skills 18 Fwds				
10:45						
11:00	Glacier Anti-doping			Glacier Seminar 2 Nutrition	Glacier Anti-doping	Glacier Seminar 2 Nutrition
11:15						
11:30		Dryland Skating Simulation	Pad 1 On-Ice Skills 18 Fwds			
11:45						
12:00						
12:15						
12:30	Dryland Skating Simulation					
12:45			Dryland Skating Simulation	Pad 1 On-Ice Skills 18 Def	Dryland Skating Simulation	
13:00		Glacier Anti-doping				Glacier Anti-doping
13:15						
13:30						
13:45						
14:00					Pad 1 On-Ice Skills 18 Fwds	
14:15	Glacier Seminar 2 Nutrition	Glacier Seminar 2 Nutrition	Glacier Anti-doping	ESS 1 Anti-doping		
14:30						
14:45						
15:00						
	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6
15:30	Glacier Team Building	Glacier Team Building	Glacier Team Building	Glacier Team Building		
15:45					Glacier Team Building	Glacier Team Building
16:00						
16:15						
16:30						
16:45			ESS 1 Tech/Tac Presentation	ESS 1 Tech/Tac Presentation		
17:00	Pad 1 Practice Rink A					
17:15		Pad 2 Practice Rink B			ESS 1 Tech/Tac Presentation	ESS 1 Tech/Tac Presentation
17:30						
17:45						
18:00						
18:15						
18:30			Pad 1 Practice Rink A			
18:45				Pad 2 Practice Rink B		
19:00						
19:15						
19:30						
19:45	ESS 1 Tech/Tac Presentation	ESS 1 Tech/Tac Presentation				
20:00						
20:15					Pad 1 Practice Rink A	Pad 2 Practice Rink B
20:30						
20:45						
21:00						
21:15						
21:30						
21:45						
22:00	Lights out					
22:15						
22:30						

Wednesday

	Rink A	Rink B	Off Ice
07:00			
07:15			
07:30			
07:45			
08:00	Pad 1 Pre-Game Skate TBD		
08:15		Pad 2 Pre-Game Skate TBD	
08:30			
08:45			
09:00			
09:15	Pad 1 Pre-Game Skate TBD		
09:30		Pad 2 Pre-Game Skate TBD	
09:45			
10:00			
10:15			
10:30	Pad 1 Pre-Game Skate TBD		
10:45		Pad 2 Pre-Game Skate TBD	
11:00			Dryland Speed-Agility-Quickness
11:15			
11:30			
11:45			
12:00			Dryland Speed-Agility-Quickness
12:15			
12:30		Pad 1 Goalie Session 12 goalies	
12:45			
13:00			Dryland Speed-Agility-Quickness
13:15			
13:30			
13:45			
14:00			
14:15			
14:30			
14:45			
15:00			
15:15			
15:30			
15:45			
16:00			
16:15			
16:30			
16:45	Game TBD v TBD 5 min warmup included		
17:00			
17:15			
17:30			Game TBD v TBD 5 min warmup included
17:45			
18:00			
18:15			
18:30			
18:45			
19:00	Game TBD v TBD 5 min warmup included		
19:15			
19:30			
19:45			
20:00			
20:15			
20:30			
20:45			
21:00			
21:15			
21:30			
21:45			
22:00	Lights out		
22:15			
22:30			

Thursday

	Team 1	Team 2	Team 3	Team 4	Team 5	Team 6	Goalies
07:00							
07:15							
07:30							
07:45							
08:00	Don Valley Off ice Skills Weight Room - LB	ESS 1 Sport Psych		Don Valley Off ice Skills Weight Room - LB	ESS 1 Sport Psych		
08:15							
08:30							
08:45							
09:00							
09:15			Dryland Speed-Agility-Quickness			Dryland Speed-Agility-Quickness	
09:30		Don Valley Off ice Skills Weight Room - LB			Don Valley Off ice Skills Weight Room - LB		Pad 1 Goalies session
09:45	Dryland Speed-Agility-Quickness			Dryland Speed-Agility-Quickness			
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30		Dryland Speed-Agility-Quickness			Dryland Speed-Agility-Quickness	ESS 1 Sport Psych	
11:45							
12:00							
12:15							
12:30	ESS 1 Sport Psych						
12:45			Don Valley Off ice Skills Weight Room - LB			Don Valley Off ice Skills Weight Room - LB	Don valley Weight Room - LB
13:00							
13:15				ESS 1 Sport Psych			
13:30							
13:45							
14:00							
14:15							
14:30	Trip to York (former Capital of England)						
14:45							
15:00							
15:15							
15:30							
15:45							
16:00							
16:15							
16:30							
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17:45							
18:00							
18:15							
18:30							
18:45							
19:00							
19:15							
19:30	Camp BBQ at iceSheffield						
19:45							
20:00							
20:15							
20:30							
20:45							
21:00							
21:15							
21:30							
21:45							
22:00	Lights out						
22:15							
22:30							

Friday

	Rink A	Rink B	Other
07:00			
07:15			
07:30			
07:45			
08:00	Pad 1 Pre-Game Skate TBD		
08:15		Pad 2 Pre-Game Skate TBD	
08:30			
08:45			
09:00			
09:15	Pad 1 Pre-Game Skate TBD		
09:30		Pad 2 Pre-Game Skate TBD	
09:45			
10:00			
10:15			
10:30	Pad 1 Pre-Game Skate TBD		
10:45		Pad 2 Pre-Game Skate TBD	
11:00			Glacier or Badminton Seminar - Fitness Testing Results
11:15			
11:30			
11:45	GO's		
12:00			
12:15			
12:30			Glacier or Badminton Seminar - Fitness Testing Results
12:45			
13:00			
13:15			
13:30			
13:45			
14:00			
14:15			
14:30			Glacier or Badminton Seminar - Fitness Testing Results
14:45			
15:00			
15:15			
15:30			
15:45			
16:00			
16:15			
16:30			
16:45	Game TBD v TBD 5 min warmup included		
17:00			
17:15			
17:30		Game TBD v TBD 5 min warmup included	
17:45			
18:00			
18:15			
18:30			
18:45			
19:00	Game TBD v TBD 5 min warmup included		
19:15			
19:30			
19:45			
20:00			
20:15			
20:30			
20:45			
21:00			
21:15			
21:30			
21:45			
22:00	Lights out		
22:15			
22:30			

Saturday

	Rink A	Rink B	Gym	Meetings
07:00				
07:15				
07:30				
07:45				
08:00			Don Valley Weight Room Circuit TBD	
08:15				
08:30				
08:45				
09:00			Don Valley Weight Room Circuit TBD	Don Valley Team Meeting
09:15	GO's			
09:30				
09:45			Don Valley Weight Room Circuit TBD	Don Valley Team Meeting
10:00				
10:15				
10:30				
10:45			Don Valley Weight Room Circuit TBD	Don Valley Team Meeting
11:00				
11:15				
11:30				
11:45				
12:00			Don Valley Weight Room Circuit TBD	Don Valley Team Meeting
12:15				
12:30				
12:45				
13:00			Don Valley Weight Room Circuit TBD	Don Valley Team Meeting
13:15				
13:30				
13:45				
14:00				Don Valley Team Meeting
14:15				
14:30	Game TBD v TBD 20 minute warmup included			
14:45				
15:00				
15:15				
15:30				
15:45				
16:00				
16:15				
16:30		Game TBD v TBD 20 minute warmup included		
16:45				
17:00				
17:15				
17:30	Game TBD v TBD 20 minute warmup included			
17:45				
18:00				
18:15				
18:30				
18:45				
19:00				
19:15				
19:30				
19:45				
20:00				
20:15				
20:30				
20:45				
21:00	Closing Ceremony			
21:15				
21:30				
21:45				
22:00				
22:15				
22:30				