

POS-Group 1

July 16th-20th, 2018 (Bell Sensplex)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM	SIGN IN	SIGN IN	SIGN IN	SIGN IN	SIGN IN
7:45 AM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
8:00 AM					
8:15 AM	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM					
9:30 AM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
9:45 AM					
10:00 AM	ORIENTATION	SNACK	SNACK	SNACK	SNACK
10:15 AM	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING
10:30 AM					
10:45 AM					
11:00 AM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
12:15 PM					
12:30 PM	PHOTOS	WARM UP	WARM UP	WARM UP	WARM UP
12:45 PM	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE	ON-ICE POS1 (1.5hrs) CANADIAN TIRE
1:00 PM					
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
2:15 PM					
2:30 PM	CLASSROOM	CLASSROOM	CLASSROOM	CLASSROOM	CLASSROOM
2:45 PM					
3:00 PM					
3:15 PM	ALL SPORT	ALL SPORT	ALL SPORT	ALL SPORT	ALL SPORT
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT