

## HOLIDAY HOCKEY CAMP - January 2-4, 2018

### Group 2

	GROUP 2	GROUP 2	GROUP 2
8:00 AM			
8:15 AM			
8:30 AM	SIGN IN	SIGN IN	SIGN IN
8:45 AM	CHANGE	CHANGE	CHANGE
9:00 AM			
9:15 AM	ON ICE GROUP 2 (1.5hrs) MATTAMY	ON ICE GROUP 2 (1.5hrs) MATTAMY	ON ICE GROUP 2 (1.5hrs) MATTAMY
9:30 AM			
9:45 AM			
10:00 AM			
10:15 AM			
10:30 AM			
10:45 AM	CHANGE	CHANGE	CHANGE
11:00 AM	ORIENTATION	HOCKEY CONDITIONING	HOCKEY CONDITIONING
11:15 AM	HOCKEY CONDITIONING		
11:30 AM			
11:45 AM			
12:00 PM	LUNCH	LUNCH	LUNCH
12:15 PM			
12:30 PM			
12:45 PM	CLASSROOM	CLASSROOM	CLASSROOM
1:00 PM			
1:15 PM	WARM UP	WARM UP	WARM UP
1:30 PM			
1:45 PM	CHANGE	CHANGE	CHANGE
2:00 PM			
2:15 PM	ON ICE IP (1hrs) MATTAMY	ON ICE IP (1hrs) MATTAMY	ON ICE IP (1hrs) MATTAMY
2:30 PM			
2:45 PM			
3:00 PM			
3:15 PM	CHANGE	CHANGE	CHANGE
3:30 PM	ALL SPORT	BALL HOCKEY	ALL SPORT
3:45 PM			
4:00 PM			
4:15 PM			
4:30 PM	SIGN OUT	SIGN OUT	SIGN OUT
4:45 PM			