

HOLIDAY HOCKEY CAMP - January 2-4, 2018

Group 3

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