

Daily Schedules for Best Performance Camps 2019

Novice and Atom Day Camps

August 19, 20, 21, 22 & 23rd

All Sessions at Pomeroy Sports Centre

Group #1 – Novice - 2012, 2011 Birth Year	Group #2 – Atom - 2010, 2009, 2008 Birth Year
8:30am – 9:30 Ice #1 9:30am – 10 Gear off/Snack 10am – 11:45 – Off Ice Activity 11:45am – 12:15 - Lunch 12:15pm – 1 - Video 1pm – 1:30 – Gear On 1:30 - 2:30 – Ice #2 2:30 – 3:45 – Off Ice Activity 3:45 -4pm - Pick Up	8:30am – 9:15 – Off Ice Activity 9:15am – 9:45 – Gear On 9:45am – 10:45 – Ice #1 10:45am – 11:15 – Gear off/Snack 11:15am – 12:45 – Dryland Training 12:45pm – 1:15 – Lunch 1:15pm – 2 – Video 2pm – 2:30 – Gear On 2:45pm – 3:45 – Ice #2 3:45pm – 4 – Pick Up

Peewee and Competitive Bantam Camp

Peewee Camp Schedule		Competitive Bantam Camp Schedule	
<u>Monday August 19th</u>		<u>Monday August 19th</u>	
Group #1 Pre Ice Warm up 10 – 10:30pm On Ice Skills 11 – 12pm Lunch 12:30 – 1pm Off Ice Skills 1 – 1:45pm		Fitness Test 11 – 1 – Both Groups Group #1 On Ice Skills 1:30 – 2:30pm Lunch 2:45 – 3:15pm Off Ice and Mobility Session 3:15 – 5pm Snack 5 – 5:15pm	
Group #2 Off Ice Skills/Fitness 10 – 11:45am On Ice Skills 12:15 – 1:15pm Lunch 1:15 - 1:45pm		Group #2 Off Ice 1 – 2:15pm On Ice Skills 2:45 – 3:45pm Lunch 4 – 4:30pm Mobility Session 4:30 – 5:15pm	
Fitness Test Both Groups - 1:45 – 3:45 Snack - 3:45 - 4 On Ice Skills 1. Forwards – West Rink 4:30 – 5:30 2. Defense and Goalies – East Rink 4:30 – 5:30 Pick Up at 5:45 - 6pm		On Ice Skills 1. Forwards – West Rink - 5:45 – 6:45pm 2. Defense and Goalie – East Rink 5:45 – 6:45pm Pick up 7 - 7:15pm	
<u>August 20th, 21st, 22nd</u>		<u>August 20th, 21st, 22nd</u>	
Team Red Pre Ice Warm up 10 – 10:30am On Ice Session 11 – 12pm Snack 12:15 – 12:30pm Off Ice 12:30 – 2pm Lunch 2 – 2:30pm		Team Grey Off Ice 10 – 11:45 On Ice Session 12:15 – 1:15 Lunch 1:30 – 2 Mobility Session 2 – 2:30	
Team Red Off Ice Activity 11:30 – 1pm On Ice session 1:30 – 2:30pm Lunch 2:45 – 3:15pm Off Ice Game 3:15 – 4:15pm		Team Grey Off Ice Activity 11:30 – 2pm Snack 2 – 2:15pm On Ice Session 2:45 – 3:45pm Lunch 4 – 4:15pm	
Off Ice Video and Lecture 2:30 – 3:30pm Red vs. Grey Game – 4 – 6pm		Off Ice Video and Lecture 4:15 – 5:15pm Red vs. Grey Game – 5:45 – 7pm	
August 23rd		August 23rd	
4 - 6pm Red vs. Grey Game		4 - 6pm Red vs. Grey Game	

Conditioning/Prep Camp

August 18th	August 19th	August 20th	August 21st
6pm – 8pm	7pm – 9:15pm	7:45 – 9:45	7:45 – 9:45