

HOLIDAY HOCKEY CAMP - January 2-4, 2019

Group 1

	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	SIGN IN	SIGN IN	SIGN IN
8:15 AM	ORIENTATION	BALL HOCKEY	ALL SPORT
8:30 AM	ALL SPORT		
8:45 AM			
9:00 AM			
9:15 AM	BALL HOCKEY	OFF ICE ACTIVITIES	BALL HOCKEY
9:30 AM			
9:45 AM			
10:00 AM	WARM UP	WARM UP	WARM UP
10:15 AM	CHANGE	CHANGE	CHANGE
10:30 AM			
10:45 AM			
11:00 AM	ON ICE GROUP 1 (1.5hrs) MATTAMY	ON ICE GROUP 1 (1.5hrs) MATTAMY	ON ICE GROUP 1 (1.5hrs) MATTAMY
11:15 AM			
11:30 AM			
11:45 AM			
12:00 PM			
12:15 PM	CHANGE	CHANGE	CHANGE
12:30 PM	LUNCH	LUNCH	LUNCH
12:45 PM			
1:00 PM			
1:15 PM	OFF ICE ACTIVITIES	ALL SPORT	OFF ICE ACTIVITIES
1:30 PM			
1:45 PM			
2:00 PM	CLASSROOM	CLASSROOM	CLASSROOM
2:15 PM			
2:30 PM			
2:45 PM	CHANGE	CHANGE	WARM UP
3:00 PM			CHANGE
3:15 PM	ON ICE GROUP 1 (1hr) MATTAMY	ON ICE GROUP 1 (1hr) MATTAMY	ON ICE GROUP 1 (1hr) MATTAMY
3:30 PM			
3:45 PM			
4:00 PM			
4:15 PM	CHANGE	CHANGE	
4:30 PM	COOL DOWN	COOL DOWN	CHANGE
4:45 PM	SIGN OUT	SIGN OUT	SIGN OUT