

COMPLETE PLAYER DEVELOPMENT - Group 1

July 22-26, 2019 Bell Sensplex

	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 AM	SIGN IN	SIGN IN	SIGN IN	SIGN IN	SIGN IN
7:30 AM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
7:45 AM					
8:00 AM	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA
8:15 AM					
8:30 AM					
8:45 AM					
9:00 AM					
9:15 AM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
9:30 AM					
9:45 AM	ORIENTATION	BALL HOCKEY	ALL SPORT	BALL HOCKEY	ALL SPORT
10:00 AM	ALL SPORT				
10:15 AM					
10:30 AM		ALL SPORT	ALL SPORT		
10:45 AM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
11:00 AM					
11:15 AM					
11:30 AM	CLASSROOM	CLASSROOM	CLASSROOM	CLASSROOM	CLASSROOM
11:45 AM					
12:00 PM					
12:15 PM	CHANGE	WARM UP	WARM UP	WARM UP	WARM UP
12:30 PM					
12:45 PM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
1:00 PM	PHOTOS	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA	ON-ICE 1.5 HRS MATTAMY HOMES ARENA
1:15 PM					
1:30 PM					
1:45 PM					
2:00 PM					
2:15 PM	CHANGE	CHANGE	CHANGE	CHANGE	CHANGE
2:30 PM					
2:45 PM	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING	HOCKEY CONDITIONING
3:00 PM					
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT	SIGN OUT