



Traver Pre-Season Conditioning

Meet in Atrium (8:15 - 8:30 am)
Hockey Dressing Room (8:30 - 9:00 am)
Ice Session # 1 (9:00 - 10:00 am)
Dry-Land Session (10:30 - 11:15 am)
Stick Handling Drills (11:15 - 11:30 am)
LUNCH (11:30 - 12:15 pm)
Hockey Dressing Room (12:30 - 1:00 pm)
Ice Session # 2 (1:00 - 2:00 pm)
Low Organizational Games (2:30 - 3:00 pm)
Road Hockey Game (3:00 - 4:00 pm)
Parental Pick-up (4:00 pm)