



Hockey Skills Camp

<p>Meet in Atrium (8:30 - 8:45)</p>
<p>Dry-Land Session (8:45 - 9:30)</p>
<p>Hockey Dressing Room (9:30 - 10:00)</p>
<p>Ice Session # 1 (10:00 - 11:00)</p>
<p>Nutrition Break # 1 (11:00 - 11:30)</p>
<p>Nature Walk / Splash Pad (11:30 - 12:30)</p>
<p>Hockey Dressing Room (12:30 - 1:00)</p>
<p>Ice Session # 2 (1:00 - 2:00)</p>
<p>Nutrition Break # 2 (2:00 - 2:20)</p>
<p>Low Organizational Games (2:20 - 3:00)</p>
<p>Road Hockey Game (3:00 - 3:45)</p>
<p>Break/Travel (3:45 - 4:00)</p>
<p>Parental Pick-up (4:00)</p>