

**MALE U14**
**HIGH PERFORMANCE PROGRAM**

<b>Saturday, July 5</b>		
9:45-10:30am	Player Residence Check Inn Player Dressing Room Check Inn	<b>Residence O'REGAN HALL</b> Rink
10:30-11:15am	U14 Opening Orientation	Rink
11:30am	Boxed Lunch	Rink
<b>11:30-1:30pm</b>	<b>Fitness Testing U14</b>	Gym
1:00-1:30pm	Box Lunches Arrive	Outside Conference Rooms in Rink
<b>2:00-3:20pm</b>	<b>U14 Team Navy</b>	<b>Practice</b>
2:00-3:00pm	Team Builder Team Yellow	
<b>3:20-3:50pm</b>	<b>U14 Goalies Navy/ Yellow</b>	<b>Practice</b>
4:00-5:00pm	Team Builder Team Navy	
<b>4:00-5:20pm</b>	<b>U14 Team Yellow</b>	<b>Practice</b>
5:45pm	Supper	Meal Hall
7:00-9:00pm	Off Ice Session	Gym/ Turf
9:00pm	Late Meal	Meal Hall
10:00pm	Curfew / Own Rooms	Residence
<b>Sunday, July 6</b>		
6:45am	Wake Up	
7:15am	Breakfast	
<b>8:30-9:50am</b>	<b>U14 Team Navy</b>	<b>Practice</b>
8:30-9:45am	Off Ice Session Team Yellow CSIA	Turf
<b>9:50-10:20am</b>	<b>U14 Goalies Navy/ Yellow</b>	<b>Practice</b>
10:30-11:15am	Off Ice Session Team Navy CSIA	Turf
<b>10:30-11:50pm</b>	<b>U14 Team Yellow</b>	<b>Practice</b>
12:30pm	Lunch	Meal Hall
1:45-2:30pm	Off Ice Presentation	Conference Room
2:30-3:45pm	Rest /Relax	Residence
4:00-4:30pm	Supper	Meal Hall
<b>5:30-7:30pm</b>	<b>U14 Team Navy vs Team Yellow</b>	<b>Game</b>
	<i>See Parents/ Watch U15 Game</i>	
9:00pm	Late Meal	Meal Hall
10:00pm	Curfew/ Own Rooms	Residence
<b>Monday, July 7</b>		
7:00am	Wake Up	
7:30am	Breakfast	Meal Hall
<b>9:00-11:00am</b>	<b>U14 Team Navy vs Team Yellow</b>	<b>Game</b>
11:45am	Lunch	Meal Hall
12:45-1:45pm	Off Ice Nutrition Presentation CSIA	Conference Room
	Rest/ Relax	Residence
4:00pm	Supper	
<b>5:30-7:30pm</b>	<b>U14 Team Navy vs Team Yellow</b>	<b>Game</b>
	<i>See Parents/ Watch U15 Game</i>	
9:00pm	Late Meal	Meal Hall
10:00pm	Curfew/ Own Rooms	Residence
<b>Tuesday, July 8</b>		
7:00am	Wake Up	
7:30am	Breakfast	Meal Hall
<b>9:00-11:00am</b>	<b>U14 Team Navy vs Team Yellow</b>	<b>Game</b>
11:30am	Residence Check Out	

