

MALE U15**HIGH PERFORMANCE CAMP**

Saturday, July 5		
9:45-10:30am	Player Residence Check Inn Player Dressing Room Check Inn	Residence: Riley Hall Rink
10:30-11:15am	U15 Opening Orientation	Rink
12:00pm	Boxed Lunch	Outside Conference Room in Rink
1:30-3:30pm	U15 Fitness Testing	Gym
3:45pm	Supper	Meal Hall
5:30-6:50pm	U15 Team Red	Practice
5:30-6:15pm	Team White Team Builder	
6:50-7:20pm	U15 Goalies Red/White	Practice
7:30-8:15pm	Team Red Team Builder	
7:30-8:50pm	U15 Team White	Practice
9:15pm	Late Meal	Meal Hall
10:30pm	Own Rooms	
Sunday, July 6		
8:00am	Wake Up	
8:30am	Breakfast	
9:30-10:30am	Off Ice Presentation Habits	Conference Room
11:30am	Lunch	
1:00-2:20pm	U15 Team Red	Practice
1:00-2:15pm	Team White Off Ice Session CSIA	Turf
2:20-2:50pm	U15 Goalies Red/White	Practice
3:00-4:15pm	Team Red Off Ice Session CSIA	Turf
3:00-4:20pm	U15 Team White	Practice
4:45pm	Supper	
5:15pm	Rest/ Relax	
7:45-9:45pm	U15 Team Red vs Team White	Game
10:15pm	Late Meal	
11:15pm	Own Rooms	
Monday, July 7		
8:15am	Wake Up	
8:45am	Breakfast	
9:30am	Coach-Player Meeting	Conference Room
11:00-1:00pm	U15 Team Red vs Team White	Game
1:45pm	Lunch	
2:30pm	Nutrition Presentation CSIA	Conference Room
5:15pm	Supper	
7:45-9:45pm	U15 Team Red vs Team White	Game
10:15pm	Late Meal	
11:15pm	Own Rooms	
Tuesday, July 8		
8:15am	Wake Up	
8:45am	Breakfast	
9:30am	Coach-Player Meeting	
11:00-1:00pm	U15 Team Red vs Team White	Game
1:30pm	Residence Check Out	