

**MALE 16****HIGH PERFORMANCE PROGRAM**

<b>Tuesday, July 8</b>		
10:15am	Player Residence Check Inn	Residence <b>O'REGAN HALL</b>
11:00am	Players Dressing Room Check Inn	Rink
11:15am	U16 Opening Orientation	Rink
12:00pm	Boxed Lunch	Rink
1:00-2:20pm	U16 Team Green	Practice
1:00-2:00pm	Team Builder Team Orange	
2:20-2:50pm	U16 Goalies Green/Orange	Practice
3:00-4:00pm	Team Builder Team Green	
3:00-4:20pm	U16 Team Orange	Practice
4:45pm	Supper	Meal Hall
7:00-9:00pm	Fitness Testing	Gym
9:15pm	Late Meal	Meal Hall
10:00pm	Curfew / Own Rooms	Residence
<b>Wednesday, July 9</b>		
6:45am	Wake Up	
7:15am	Breakfast	
8:30-9:50am	U16 Team Green	Practice
8:30-9:45am	Off Ice Session Team Orange	Turf
9:50-10:20am	U16 Goalies Green/Orange	Practice
10:30-11:45am	Off Ice Session Team Green	Turf
10:30-11:50pm	U16 Team Orange	Practice
12:30pm	Lunch	Meal Hall
1:30-2:30pm	Off Ice Presentation Nutrition CSIA	Conference Room
2:30-3:45pm	Rest /Relax	Residence
4:00-4:30pm	Supper	Meal Hall
5:45-6:15pm	Coaches Presentation Habits	
7:30-9:30pm	U16 Team Green vs Team Orange	Game
10:00pm	Late Meal	Meal Hall
11:00pm	Curfew/ Own Rooms	Residence
<b>Thursday, July 10</b>		
7:30am	Wake Up	
8:00am	Breakfast	Meal Hall
9:30-11:30am	U16 Team Green vs Team Orange	Game
11:45am	Lunch	Meal Hall
1:00-1:45pm	Off Ice Presentation Coaches	
	Rest/ Relax	Residence
3:45pm	Supper	
5:15-7:15pm	U16 Team Green vs Team Orange	Game
9:00pm	Late Meal	Meal Hall
10:00pm	Curfew/ Own Rooms	Residence
<b>Friday, July 11</b>		
7:00am	Wake Up	
8:00am	Breakfast	Meal Hall
	Residence Check Out (luggage can be stored if required)	Residence (storage in res)
9:30-11:30am	U16 Team Green vs Team Orange	Game
12:00pm	Departures	

