

High Performance Summer Camps

FEMALE-U14

Wednesday July 2		
9:45am-10:30am	Player Residence Check Inn	Residence
10:30am	Female U14 Opening Orientation	Conference Room
11:30-1:30	Fitness Testing	Gym/Turf
1:30pm	Boxed Lunch	Rink
2:00-3:20pm	Female U14 Team Pink	Practice
2:00-3:00pm	Team Builder Team Teal	Conference Room
3:20-3:50pm	Female U14 Goalies Pink/Teal	Practice
4:00-5:00pm	Team Builder Team Pink	Conference Room
4:00-5:20pm	Female U14 Team Teal	Practice
5:45pm	Supper	Meal Hall
7:00-9:00pm	EDIA/Team Building	Conference Room
9:00pm	Late Meal	Meal Hall
10:00pm	Curfew / Own Rooms	Residence
Thursday July 3		
6:45am	Wake Up	
7:15am	Breakfast	Meal Hall
8:30-9:50am	Female U14 Team Teal	Practice
8:30-9:45am	Off Ice Fitness Session Team Pink	Gym/Turf
9:50-10:20am	Female U14 Goalies Pink/Teal	Practice
10:30-11:45am	Off Ice Fitness Session Team Teal	Gym/Turf
10:30-11:50pm	Female U14 Team Pink	Practice
12:30pm	Lunch	Meal Hall
1:45-2:45pm	Nutrition with Melissa	Conference Room
2:45-3:45pm	Rest /Relax	Residence
4:00-4:30pm	Supper	Meal Hall
5:30-7:30pm	Female U14 Team Pink vs Team Teal	Game
	<i>See Parents/ Watch U16 Game</i>	
8:45pm	Late Meal	Meal Hall
10:00pm	Curfew/ Own Rooms	Residence
Friday July 4		
7:00am	Wake Up	
7:30am	Breakfast	Meal Hall
9:00-11:00am	Female U14 Team Pink vs Team Teal	Game
11:45am	Lunch	Meal Hall
12:45-1:45pm	Off Ice Session	Gym/Turf
1:45-3:45	Rest/ Relax	Residence
4:00pm	Supper	Meal Hall
5:30-7:30pm	Female U14 Team Pink vs Team Teal	Game
	<i>See Parents/ Watch U16 Game</i>	
8:45pm	Late Meal	Meal Hall
10:00pm	Curfew/ Own Rooms	Residence
Saturday July 5		
7:00am	Wake Up	
7:30am	Breakfast	Meal Hall
9:00-11:00am	Female U14 Team Pink vs Team Teal	Game
11:30am	Residence Check Out	

