

**High Performance Summer Camp  
FEMALE UNDER-16**

<b>Wednesday July 2</b>		
9:45-10:30am	Player Residence Check In and gear drop off	Residence/rink
10:30am	Female U16 Opening Orientation	Conference room
11:30-12:30pm	Player/coach meeting/team building	Rink
12:30pm	Boxed Lunch	Outside Conference Room
1:30-3:30pm	Female U16 Fitness Testing	Gym / Turf
3:45pm	Supper	Meal Hall
5:30-6:50pm	Female U16 Team Powder	Practice
5:30-6:45pm	Team Purple Team Builder	Conference Room
6:50-7:20pm	Female U16 Goalies Powder/Purple	Practice
7:30-8:45pm	Team Powder Team Builder	Conference Room
7:30-8:50pm	Female U16 Team Purple	Practice
9:15pm	Late Meal	Meal Hall
10:30pm	Own Rooms	
<b>Thursday July 3</b>		
8:45am	Wake Up	
9:15am	Breakfast	Meal Hall
10:15-11:15am	Off Ice Nutrition Presentation	Conference Room
11:30am	Lunch	Meal Hall
1:00-2:20pm	Female U16 Team Purple	Practice
1:00-2:15pm	Team Powder Off Ice Fitness Session	Gym/Turf
2:20-2:50pm	Female U16 Goalies Powder/Purple	Practice
3:00-4:15 pm	Team Purple Off Ice Fitness Session	Gym/Turf
3:00-4:20pm	Female U16 Team Powder	Practice
5:00pm	Supper	Meal Hall
7:45-9:45pm	Female U16 Team Powder vs Team Purple	Game
10:15pm	Late Meal	Meal Hall
11:00pm	Own Rooms	
<b>Friday July 4</b>		
8:30am	Wake Up	
9:00am	Breakfast	Meal Hall
9:45am	Coach-Player Meeting	Conference Room
11:00-1:00pm	Female U16 Team Powder vs Team Purple	Game
1:45pm	Lunch	Meal Hall
2:30pm	Off Ice Presentation	Conference Room
5:15pm	Supper	Meal Hall
7:45-9:45pm	Female U16 Team Powder vs Team Purple	Game
10:15pm	Late Meal	Meal Hall
11:00pm	Own Rooms	
<b>Saturday July 5</b>		
8:30am	Wake Up	
9:00am	Breakfast	Meal Hall
9:45am	Coach-Player Meeting	Conference Room
11:00-1:00pm	Female U16 Team Powder vs Team Purple	Game
1:30pm	Residence Check Out	