

Prep Camp Week 1 July 17-22nd
 Defence, Forwards & Goaltenders schedule.
 **Note Alternate schedule Thursday only

Saturday through Wednesday
 Coulson Rink
 Goalies(36-maximum)

	Team 5,6,7,
7:00	
7:15	
7:30	Breakfast
7:45	Breakfast
8:00	Breakfast
8:15	
8:30	
8:45	
9:00	Dryland
9:15	Dryland
9:30	Dryland
9:45	Dryland
10:00	
10:15	
10:30	
10:45	
11:00	On Ice (all Goalies)
11:15	On Ice
11:30	On Ice
11:45	On Ice
12:00	Ice Clean
12:15	
12:30	Lunch
12:45	Lunch
1:00	Lunch
1:15	
1:30	
1:45	Dryland
2:00	Dryland
2:15	Dryland
2:30	Goaltender Journal Session
2:45	Goaltender Journal Session
3:00	
3:15	
3:30	On Ice (Red)
3:45	On Ice
4:00	On Ice
4:15	On Ice
4:30	Ice Clean
4:45	On Ice (Blue)
5:00	On Ice
5:15	On Ice
5:30	On Ice
5:45	Ice Clean
6:00	On Ice (Grey)
6:15	On Ice
6:30	On Ice
6:45	On Ice
7:00	Ice Clean
7:15	
7:30	Dinner
7:45	Dinner
8:00	Dinner
8:15	Ice Clean
8:30	
8:45	
9:00	
9:15	
8:00	
8:15	
8:30	

Coulson on Sat, Mon, Wed
 Group 1 (Defense-20)

	Team 13 & 14
7:00	Breakfast
7:15	Breakfast
7:30	Breakfast
7:45	
8:00	On Ice
8:15	On Ice
8:30	On Ice
8:45	On Ice
9:00	On Ice
9:15	Ice Clean
9:30	
9:45	
10:00	Dryland
10:15	Dryland
10:30	Dryland
10:45	Dryland
11:00	
11:15	Lunch
11:30	Lunch
11:45	Lunch
12:00	Lunch
12:15	
12:30	On Ice
12:45	On Ice
1:00	On Ice
1:15	On Ice
1:30	On Ice
1:45	Ice Clean
2:00	
2:15	
2:30	
2:45	
3:00	Dryland
3:15	Dryland
3:30	Dryland
3:45	Dryland
4:00	
4:15	
4:30	
4:45	
5:00	
5:15	Dinner
5:30	Dinner
5:45	Dinner
6:00	Dinner
6:15	
6:30	
6:45	
7:00	
7:15	Game Slot
7:30	Participants will be picked by
7:45	the coaches
8:00	Weyerhaeuser Rink
8:15	
8:30	
8:45	
9:00	
9:15	
8:00	
8:15	
8:30	

Weyerhaeuser on Sun, Tues,Thurs
 Group 2 (Defense-20)

	Team 18 & 19
7:00	Breakfast
7:15	Breakfast
7:30	Breakfast
7:45	
8:00	Dryland
8:15	Dryland
8:30	Dryland
8:45	Dryland
9:00	
9:15	
9:30	On Ice
9:45	On Ice
10:00	On Ice
10:15	On Ice
10:30	On Ice
10:45	Ice Clean
11:00	
11:15	Lunch
11:30	Lunch
11:45	Lunch
12:00	Lunch
12:15	
12:30	
12:45	
1:00	
1:15	
1:30	
1:45	
2:00	On Ice
2:15	On Ice
2:30	On Ice
2:45	On Ice
3:00	On Ice
3:15	Ice Clean
3:30	
3:45	
4:00	Dryland
4:15	Dryland
4:30	Dryland
4:45	Dryland
5:00	
5:15	Dinner
5:30	Dinner
5:45	Dinner
6:00	Dinner
6:15	
6:30	
6:45	
7:00	
7:15	Game Slot
7:30	Participants will be picked by
7:45	the coaches
8:00	Weyerhaeuser Rink
8:15	
8:30	
8:45	
9:00	
9:15	
8:00	
8:15	
8:30	

Weyerhaeuser Sat, Mon, Wed
 Group 1 (Forwards-20)

	Team 20 & 21
7:00	Breakfast
7:15	Breakfast
7:30	Breakfast
7:45	
8:00	On Ice
8:15	On Ice
8:30	On Ice
8:45	On Ice
9:00	On Ice
9:15	Ice Clean
9:30	
9:45	
10:00	Dryland
10:15	Dryland
10:30	Dryland
10:45	Dryland
11:00	
11:15	Lunch
11:30	Lunch
11:45	Lunch
12:00	Lunch
12:15	
12:30	On Ice
12:45	On Ice
1:00	On Ice
1:15	On Ice
1:30	On Ice
1:45	Ice Clean
2:00	
2:15	
2:30	
2:45	
3:00	Dryland
3:15	Dryland
3:30	Dryland
3:45	Dryland
4:00	
4:15	
4:30	
4:45	
5:00	
5:15	Dinner
5:30	Dinner
5:45	Dinner
6:00	Dinner
6:15	
6:30	
6:45	
7:00	
7:15	Game Slot
7:30	Participants will be picked by
7:45	the coaches
8:00	Weyerhaeuser Rink
8:15	
8:30	
8:45	
9:00	
9:15	
8:00	
8:15	
8:30	

Coulson on Sun, Tues, Thurs
 Group 2 (Forwards-20)

	Team 22 & 23
7:00	Breakfast
7:15	Breakfast
7:30	Breakfast
7:45	
8:00	Dryland
8:15	Dryland
8:30	Dryland
8:45	Dryland
9:00	
9:15	
9:30	On Ice
9:45	On Ice
10:00	On Ice
10:15	On Ice
10:30	On Ice
10:45	Ice Clean
11:00	
11:15	Lunch
11:30	Lunch
11:45	Lunch
12:00	Lunch
12:15	
12:30	
12:45	
1:00	
1:15	
1:30	
1:45	
2:00	On Ice
2:15	On Ice
2:30	On Ice
2:45	On Ice
3:00	On Ice
3:15	Ice Clean
3:30	
3:45	
4:00	Dryland
4:15	Dryland
4:30	Dryland
4:45	Dryland
5:00	
5:15	Dinner
5:30	Dinner
5:45	Dinner
6:00	Dinner
6:15	
6:30	
6:45	
7:00	
7:15	Game Slot
7:30	Participants will be picked by
7:45	the coaches
8:00	Weyerhaeuser Rink
8:15	
8:30	
8:45	
9:00	
9:15	
8:00	
8:15	
8:30	

* lights out 10:30pm. No Noise!
 kitchen open for snacks to 9:45

Thursday only:

	Coulson Rink	Weyerhauser Rink	Coulson Rink
	Defense Camp	Forward Camp	Goalie Camp
7:00	Breakfast	Breakfast	Breakfast
7:15	Breakfast	Breakfast	Breakfast
7:30			
7:45			
8:00			On Ice (all Goalies)
8:15	Fitness Seminar	Fitness Seminar	On Ice
8:30			On Ice
8:45			On Ice
9:00			Ice Clean
9:15			
9:30	On Ice - All Defense	On Ice - All Forwards	
9:45	On Ice	On Ice	Fitness Seminar
10:00	On Ice	On Ice	
10:15	On Ice	On Ice	
10:30	Ice Clean	Ice Clean	
10:45			
11:00			Lunch
11:15	Rosters Posted for Afternoon Games		Lunch
11:30	Lunch	Lunch	
11:45	Lunch	Lunch	
12:00			
12:15			Goalies Join Forwards &
12:30			Defense for Games
12:45	On Ice - Game		
1:00	On Ice		
1:15	On Ice	On Ice - Game	
1:30	On Ice	On Ice	
1:45	Ice Clean	On Ice	
2:00	On Ice - Game	On Ice	
2:15	On Ice	Ice Clean	
2:30	On Ice	On Ice - Game	
2:45	On Ice	On Ice	
3:00	Ice Clean	On Ice	
3:15		On Ice	
3:30		Ice Clean	
3:45			
4:00			
4:15			
4:30			
4:45			
5:00	Dinner	Dinner	Dinner
5:15	Dinner	Dinner	Dinner
5:30	Dinner	Dinner	Dinner
5:45			
6:00			
6:15			
6:30			
6:45			
7:00			
7:15			
7:30			
7:45			
8:00			
8:15			
8:30			
8:45			
9:00			
9:15			
8:00			
8:15			
8:30			