

Prep Camp Week 2 July 24-29
 Arena 1 = Coulson, Arena 2 - Weyerhaeuser

Saturday through Wednesday

Team 1&2
Bantam DR

Team 3&4
Juniors

Team 5&6
Juniors

Team 7 & 8
Juniors

	black/grey	red/blue	orange/green	maroon/gold	
7:00					
7:15					
7:30	Breakfast	Breakfast			
7:45			Breakfast	Breakfast	
8:00					
8:15					
8:30	On Ice (A1)				
8:45		On Ice (A2)	Dry Land		
9:00				Dry Land	
9:15					
9:30					
9:45	Ice Clean				
10:00		Ice Clean			
10:15			On Ice (A1)		
10:30				On Ice (A2)	
10:45					
11:00	Dry Land				
11:15		Dry Land			
11:30			Ice Clean		
11:45				Ice Clean	
12:00					Kitchen closed
12:15					
12:30	Lunch	Lunch			
12:45			Lunch	Lunch	
1:00					
1:15					
1:30					
1:45	On Ice (A1)				
2:00	Saturday, Monday,	On Ice (A2)	Dry Land		
2:15	Wednesday - Game	Saturday, Monday,		Dry Land	
2:30		Wednesday - Game			
2:45					
3:00	Ice Clean				
3:15		Ice Clean			
3:30			On Ice (A1)		
3:45			Saturday, Monday,	On Ice (A2)	
4:00	Dry Land		Wednesday - Game	Saturday, Monday,	
4:15		Dry Land		Wednesday - Game	
4:30					
4:45			Ice Clean		
5:00				Ice Clean	
5:15					Kitchen closed
5:30	Dinner		Dinner		
5:45		Dinner		Dinner	
6:00					
6:15					
6:30					
6:45					
7:00	Goaltender Session		Goaltender Session		
7:15	Saturday, Monday,		Saturday, Monday,		
7:30	Wednesday		Wednesday		
7:45	Arena A-2		Arena A-2		
8:00					
8:15		Goaltender Session		Goaltender Session	
8:30		Saturday, Monday,		Saturday, Monday,	
8:45		Wednesday		Wednesday	
9:00		Arena A-2		Arena A-2	
9:15	snacks are available in kitchen: kitchen is closed at 9:45PM				

Prep Camp Week 2 - Thursday Only

Thursday

	Team 1&2 Bantam	Team 3&4 Juniors	Team 5&6 Juniors	Team 7 & 8 Juniors
7:00	Breakfast	Breakfast	Breakfast	Breakfast
7:15				
7:30				
7:45				
8:00	On Ice (A2)		On Ice (A1)	
8:15		Fitness Seminar		Fitness Seminar
8:30				
8:45				
9:00				
9:15	Ice Clean		Ice Clean	
9:30				
9:45		On Ice (A2)		On Ice (A1)
10:00	Fitness Seminar		Fitness Seminar	
10:15				
10:30				
10:45				
11:00		Ice Clean		Ice Clean
11:15	Lunch		Lunch	
11:30				
11:45				
12:00		Lunch		Lunch
12:15				
12:30				
12:45	On Ice (A2)		On Ice (A1)	
1:00				
1:15				
1:30				
1:45				
2:00	Ice Clean		Ice Clean	
2:15		On Ice (A2)		On Ice (A1)
2:30				
2:45				
3:00				
3:15				
3:30		Ice Clean		Ice Clean
3:45				
4:00				
4:15				
4:30				
4:45				
5:00	Dinner	Dinner	Dinner	Dinner
5:15				
5:30				
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				