



2021 Sample Schedules:

ADVANCED

8:30am	Drop Off
9-10:15am	On-Ice Technical Session #1
10:30-11:30am	Off-Ice Vision Training
11:30-12:00pm	Lunch
12:30-1:45pm	On-Ice Technical Session #2
2:15pm	Pick Up

HIGH PERFORMANCE

8:45am	Drop Off
9-10:00am	Off-Ice Vision Training
10:30-11:45am	On-Ice Technical Session #1
12-12:30pm	Lunch
12:30-1:30pm	Yoga
2-3:15pm	On-Ice Technical Session #2
3:30pm	Pick Up

ELITE

8:15am	Drop Off
8:45-10:15am	On-Ice Technical Session #1
10:30-11:15am	Mental Training Session
11:15-11:45am	Lunch
12:15-1:45pm	On-Ice Technical Session #2
2-2:45pm	Off-Ice Vision Training
2:45-3:45pm	Yoga
4:00pm	Pick Up

TRYOUT PREP CAMPS

8:30am	Drop Off
9-10:15am	On-Ice Technical Session
10:30-11:15am	Off-Ice Training Session
11:15-11:45am	Lunch
12-1:00pm	On-Ice Powerskating Session
1:30pm	Pick Up