

## Group A - Registration Day

Group A	
<b>Arrival</b>	<b>11:45-12:30</b>
<b>Orientation</b>	<b>12:30-12:45</b>
<b>Put on Equipment</b>	<b>12:45-1:15</b>
<b>On Ice</b>	<b>1:15-2:15</b>

### Daily Schedules – Group A

To complement the daily on ice program, the 2020 SLHC schedule has been updated to include a variety of age and skill appropriate off ice activities that focus on physical training and character building. Activities are labelled on your schedule, these activities include the latest land training methods, team building exercises, Anti bullying awareness programs and nutritional information. The time frames are flexible to accommodate the dynamics of the group as well as the weather. Please be sure to send a bathing suit and towel everyday.

**\*\*All Activities are subject to change at any time and some are dependent on the weather.**

Day 1 – Monday		Day 2 – Tuesday		Day 3 - Wednesday	
On Ice	8:00-9:15 am	Mental Health	9:00-9:45 am	On Ice	9:30-10:45 am
Orientation/ Dryland Training	9:45-10:30 am	Training		Classroom	11:15-12:15 pm
Classroom	10:45-11:15 am	Floor Hockey	9:45-10:30 am	Lunch Break	12:15-12:45 pm
Lunch Break	11:15-12:00 pm	On Ice	11:00-12:15 pm	Recovery	1:00-1:30 pm
On Ice	12:30-1:45 pm	Lunch Break	1:00-1:30 pm	Stretching	
Dryland	2:15-3:15 pm	Classroom	1:30-2:15 pm	On Ice	2:00-3:15 pm
Training/Floor		Slip N Slide	2:15-3:00 pm	Dryland Training	3:45-4:30 pm
Hockey		On Ice	3:30-4:45 pm		
Classroom	3:15-4:00 pm				
Day 4 - Thursday		Day 5 - Friday			
On Ice	8:00-9:15 am	Dryland Training	9:15-10:00 am		
Activity	9:45-10:30 am				
Classroom	10:45-11:15 am	<b>Game</b>	10:30-12:00 pm		
Lunch Break	11:15-12:00 pm				
On Ice	12:30-1:45 pm	Lunch	12:45-1:15 pm		
Swim/Beach Day	2:15-4:00 pm	Dryland Training & Wrap Up	1:15-2:00 pm		

### Competition Day Friday

We end the week with Competition Day Friday. Due to restrictions of group movement we will fashion the week ending activity for age appropriate competitiveness depending on group dynamics and skill levels. The result may be, at all levels, a reduction to 4 on 4 or 3 on 3 and may be played in a confined area. Skill development and competitive playing field will be the driving force for team makeup. Specific coaches will be assigned to each team for off ice game preparation.

## Group B - Registration Day

Group B	
<b>Arrival</b>	<b>1:00-1:45</b>
<b>Orientation</b>	<b>1:45-2:00</b>
<b>Put on Equipment</b>	<b>2:00-2:30</b>
<b>On Ice</b>	<b>2:30-3:30</b>

### Daily Schedules – Group B

To complement the daily on ice program, the 2020 SLHC schedule has been updated to include a variety of age and skill appropriate off ice activities that focus on physical training and character building. Activities are labelled on your schedule, these activities include the latest land training methods, team building exercises, Anti bullying awareness programs and nutritional information. The time frames are flexible to accommodate the dynamics of the group as well as the weather. Please be sure to send a bathing suit and towel everyday.

**\*\*All Activities are subject to change at any time and some are dependent on the weather.**

Day 1 – Monday		Day 2 – Tuesday		Day 3 - Wednesday	
On Ice	9:30-10:45 am	On Ice	8:00-9:15 am	Dryland Training	9:00-9:45 am
Orientation/ Dryland Training	11:15-11:45 pm	Dryland Training	9:45-10:30 am	Floor Hockey	9:45-10:30 am
Classroom	11:45-12:15 pm	Mental Health	10:30-11:15 am	On Ice	11:00-12:15 pm
Lunch Break	12:15-12:45 pm	Training	11:15-12:00 pm	Lunch Break	1:00-1:30 pm
Recovery	1:00-1:30 pm	Lunch Break	12:30-1:45 pm	Classroom	1:30-2:15 pm
Stretching		On Ice		Slip N Slide	2:15-3:00 pm
On Ice	2:00-3:15 pm	<b>Swim/Beach Day</b>	2:30-4:30 pm	On Ice	3:30-4:45 pm
Floor Hockey	3:45-4:30 pm				
<b>**Contact Confidence (Optional \$36.75) 2010 &amp; older</b>	5:00–6:00 pm				
Day 4 - Thursday		Day 5 - Friday			
On Ice	9:30-10:45 am	Dryland Training	10:15-11:00 am		
Classroom	11:15-12:15 pm	Lunch	11:00-11:45 pm		
Lunch Break	12:15-12:45 pm	<b>Game</b>	12:15-1:45 pm		
Dryland Training	1:00-1:30 pm				
On Ice	2:00-3:15 pm	Wrap Up	2:15-3:00 pm		
Activities @ Beach	3:45-4:30 pm				

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## Group C - Registration Day

Group C	
<b>Arrival</b>	<b>2:15-3:00</b>
<b>Orientation</b>	<b>3:00-3:15</b>
<b>Put on Equipment</b>	<b>3:15-3:45</b>
<b>On Ice</b>	<b>3:45-4:45</b>

### Daily Schedules – Group C

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**\*\*All Activities are subject to change at any time and some are dependent on the weather.**

Day 1 – Monday		Day 2 – Tuesday		Day 3 - Wednesday	
Orientation/ Dryland Training	9:00-10:30 am	On Ice	9:30-10:45 am	On Ice	8:00-9:15 am
On Ice	11:00-12:15 pm	Dryland Training & Slip N Slide	11:15-12:15 pm	Dryland Training	9:45-10:30 am
Lunch Break	1:00-1:30 pm	Lunch Break	12:15-12:45 pm	Classroom	10:30-11:15 pm
Classroom	1:30-2:15 pm	Recovery	1:00-1:30 pm	Lunch Break	11:15-12:00 pm
Floor Hockey	2:15-3:00 pm	Stretching		On Ice	12:30-1:45 pm
On Ice	3:30-4:45 pm	On Ice	2:00-3:15 pm	<b>Swim/Beach Day</b>	2:15-4:30 pm
<b>**Contact Confidence (Optional \$36.75) 2010 &amp; older</b>	5:00–6:00 pm	Classroom	3:45-4:30 pm		
Day 4 - Thursday		Day 5 - Friday			
Classroom	9:00-9:45 am	Dryland Training	11:00-12:00 pm		
Mental Health Training	9:45-10:30 am	Lunch	12:00-12:30 pm		
On Ice	11:00-12:15 pm	Game Strategy	12:45-1:45 pm		
Lunch Break	12:45-1:30 pm	<b>Game</b>	2:00-3:30 pm		
Activities @ Beach	1:30-3:00 pm	Wrap up (on Ice)	3:30 – 3:45		
On Ice	3:30-4:45 pm				

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