



SYLVAN LAKE HOCKEY CAMP
 SYLVAN LAKE | ALL GIRLS | GOALTENDERS

Group B Schedule

Registration	Day 1	Day 2	Day 3	Day 4	Day 5 (Group 2)	Day 5 (Group 3)
1:00 - 1:45 Arrival	8:30 - 9:45 Ice	8:30 - 9:30 B/C Collab	8:30 - 9:30 A/B Collab	8:30 - 9:45 Ice	10:00 - 10:45 Wrap - Up & Games	11:30 - 12:00 Wrap - Up & Games
1:45 - 2:00 Orientation	10:15 - 10:30 Snack	9:30 - 10:15 Skills	10:00 - 11:15 Ice	10:15 - 10:30 Snack	11:15 - 12:45 Game	12:00 - 12:30 Lunch
2:00 - 2:30 Equipment	10:30 - 11:15 Welcome	10:15 - 10:30 Snack	11:45 - 12:15 Lunch	10:30 - 11:15 Skills	1:15 - 1:45 Lunch	1:00 - 2:30 Game
2:30 - 3:30 Ice	11:15 - 11:45 Lunch	10:30 - 11:00 Relays	12:15 - 2:00 Beach	11:15 - 11:45 Lunch		
	11:45 - 12:30 Goals	11:30 - 12:45 Ice	2:30 - 3:45 Ice	11:45 - 12:30 Dryland		
	1:00 - 2:15 Ice	1:15 - 1:45 Lunch	4:15 - 5:00 Nutrition	Day 4 (Group 2)	Day 4 (Group 3)	
	2:45 - 5:00 Aqua Splash	1:45 - 3:30 Dryland		1:00 - 2:00 Game	12:30 - 1:45 Beach	
	5:30 - 6:30 *Angling & Skills Clinic (\$37.50 + GST) 2014 & older	4:00 - 5:15 Ice		2:30 - 3:15 Game Day Prep	1:45 - 2:30 Game Day Prep	
				3:15 - 4:45 Beach	2:30 - 3:00 Stretch	
					3:30 - 4:30 Game	