PERSISTENT HOCKEY

DEVELOPMENT

## **PERSISTENT HOCKEY DEVELOPMENT** U18 ELITE AUGUST PREP CAMP (2007-2009) WEEK 1

| Day | RINK  | DESCRIPTION  | START   | END   | DUR  |
|-----|---|--|---|---|--|
| MON | Henry Viney   | Hockey Talk  | 8:00AM  | 9:00AM  | 1 HR   |
| MON | Henry Viney   | On Ice   | 9:30AM  | 10:45AM   | 1.25 HR  |
| MON | Henry Viney   | Off Ice  | 11:00AM   | 12:00PM   | 1 HR   |
| TUE | Henry Viney   | Hockey Talk  | 8:00AM  | 9:00AM  | 1 HR   |
| TUE | Henry Viney   | On Ice   | 9:30AM  | 10:45AM   | 1.25 HR  |
| TUE | Henry Viney   | Off Ice  | 10:45AM   | 12:00PM   | 1 HR   |
| WED | Henry Viney   | Hockey Talk  | 8:00AM  | 9:00AM  | 1 HR   |
| WED | Henry Viney   | On Ice   | 9:30AM  | 10:45AM   | 1.25 HR  |
| WED | Henry Viney   | Off Ice  | 10:45AM   | 12:00PM   | 1 HR   |
| THU | Henry Viney   | Hockey Talk  | 8:00AM  | 9:00AM  | 1 HR   |
| THU | Henry Viney   | On Ice   | 9:30AM  | 10:45AM   | 1.25 HR  |
| THU | Henry Viney   | Off Ice  | 10:45AM   | 12:00PM   | 1 HR   |
| FRI | Henry Viney   | Hockey Talk  | 8:00AM  | 9:00AM  | 1 HR   |
| FRI | Henry Viney   | On Ice   | 9:30AM  | 10:45AM   | 1.25 HR  |
| FRI | Henry Viney   | Off Ice  | 10:45AM   | 12:00PM   | 1 HR   |
|     | MON<br>MON<br>TUE<br>TUE<br>TUE<br>WED<br>WED<br>WED<br>THU<br>THU<br>THU<br>FRI<br>FRI | MONHenry VineyMONHenry VineyMONHenry VineyTUEHenry VineyTUEHenry VineyTUEHenry VineyWEDHenry VineyWEDHenry VineyWEDHenry VineyTHUHenry VineyTHUHenry VineyTHUHenry VineyFRIHenry VineyFRIHenry Viney | MONHenry VineyHockey TalkMONHenry VineyOn IceMONHenry VineyOff IceTUEHenry VineyHockey TalkTUEHenry VineyOn IceTUEHenry VineyOff IceWEDHenry VineyHockey TalkWEDHenry VineyOn IceWEDHenry VineyOn IceTHUHenry VineyOff IceTHUHenry VineyOff IceTHUHenry VineyOn IceTHUHenry VineyOff IceFRIHenry VineyOff IceFRIHenry VineyOff IceFRIHenry VineyOff IceFRIHenry VineyOn Ice | MONHenry VineyHockey Talk8:00AMMONHenry VineyOn Ice9:30AMMONHenry VineyOff Ice11:00AMTUEHenry VineyHockey Talk8:00AMTUEHenry VineyOn Ice9:30AMTUEHenry VineyOn Ice9:30AMTUEHenry VineyOff Ice10:45AMWEDHenry VineyHockey Talk8:00AMWEDHenry VineyOn Ice9:30AMWEDHenry VineyOn Ice9:30AMWEDHenry VineyOff Ice10:45AMTHUHenry VineyNIce9:30AMTHUHenry VineyOff Ice10:45AMFRIHenry VineyNIce9:30AMFRIHenry VineyNIce9:30AMFRIHenry VineyOn Ice9:30AM | MONHenry VineyHockey Talk8:00AM9:00AMMONHenry VineyOn Ice9:30AM10:45AMMONHenry VineyOff Ice11:00AM12:00PMTUEHenry VineyHockey Talk8:00AM9:00AMTUEHenry VineyOn Ice9:30AM10:45AMTUEHenry VineyOn Ice9:30AM10:45AMTUEHenry VineyOff Ice10:45AM12:00PMWEDHenry VineyHockey Talk8:00AM9:00AMWEDHenry VineyOn Ice9:30AM10:45AMWEDHenry VineyOff Ice10:45AM12:00PMWEDHenry VineyOff Ice10:45AM12:00PMTHUHenry VineyOff Ice10:45AM12:00PMTHUHenry VineyOn Ice9:30AM10:45AMTHUHenry VineyOn Ice9:30AM10:45AMFRIHenry VineyNoff Ice10:45AM12:00PMFRIHenry VineyOn Ice9:30AM10:45AMFRIHenry VineyOn Ice9:30AM10:45AM |

PERSISTENT HOCKEY

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## **PERSISTENT HOCKEY DEVELOPMENT** U18 ELITE AUGUST PREP CAMP (2007-2009) WEEK 2

| DATE   | Day | RINK        | DESCRIPTION | START   | END     | DUR     |
|--------|-----|-------------|-------------|---------|---------|---------|
| 19-Aug | MON | Henry Viney | Hockey Talk | 8:00AM  | 9:00AM  | 1 HR    |
| 19-Aug | MON | Henry Viney | On Ice      | 9:30AM  | 10:45AM | 1.25 HR |
| 19-Aug | MON | Henry Viney | Off Ice     | 11:00AM | 12:00PM | 1 HR    |
| 20-Aug | TUE | Henry Viney | Hockey Talk | 8:00AM  | 9:00AM  | 1 HR    |
| 20-Aug | TUE | Henry Viney | On Ice      | 9:30AM  | 10:45AM | 1.25 HR |
| 20-Aug | TUE | Henry Viney | Off Ice     | 10:45AM | 12:00PM | 1 HR    |
| 21-Aug | WED | Henry Viney | Hockey Talk | 8:00AM  | 9:00AM  | 1 HR    |
| 21-Aug | WED | Henry Viney | On Ice      | 9:30AM  | 10:45AM | 1.25 HR |
| 21-Aug | WED | Henry Viney | Off Ice     | 10:45AM | 12:00PM | 1 HR    |
| 22-Aug | THU | Henry Viney | Hockey Talk | 8:00AM  | 9:00AM  | 1 HR    |
| 22-Aug | THU | Henry Viney | On Ice      | 9:30AM  | 10:45AM | 1.25 HR |
| 22-Aug | THU | Henry Viney | Off Ice     | 10:45AM | 12:00PM | 1 HR    |
| 23-Aug | FRI | Henry Viney | Hockey Talk | 8:00AM  | 9:00AM  | 1 HR    |
| 23-Aug | FRI | Henry Viney | On Ice      | 9:30AM  | 10:45AM | 1.25 HR |
| 23-Aug | FRI | Henry Viney | Off Ice     | 10:45AM | 12:00PM | 1 HR    |
|        |     |             |             |         |         |         |