

NMHC 2024

Week 1: 8/5 - 8/8

Week 2: 8/12 - 8/15

*Subject to change

START	END	MITE/6U/8U	Squirt/10U	PeeWee/12U	Bantam/15U
8:00	8:15	ICE 1 Rink: SPR 8:00 - 9:00 am	ATHLETICISM		
8:15	8:30		Sanford POWER		
8:30	8:45		8:00 - 9:00 am		
8:45	9:00				
9:00	9:15	CHANGE/SNACK (ICE CUT)	CHANGE/SNACK (ICE CUT)		
9:15	9:30				
9:30	9:45	ATHLETICISM	ICE 1	OFF-ICE SKILL	
9:45	10:00	Sanford POWER	Rink: SPR	& SHOOTING	
10:00	10:15	9:15 - 10:15 am	9:15 - 10:15 am	9:15 - 10:15 am	
10:15	10:30	RE-FUEL	RE-FUEL	CHANGE/SNACK (ICE CUT)	
10:30	10:45	10:15 - 10:45 am	10:15 - 10:45 am		
10:45	11:00	ICE 2	OFF-ICE SKILL	ICE 1	
11:00	11:15	Rink: FNR	& SHOOTING	Rink: SPR	
11:15	11:30	10:45 - 11:45 am	10:45 - 11:45 am	10:30 - 11:30 am	
11:30	11:45			RE-FUEL	
11:45	12:00	CHANGE/SNACK (ICE CUT)	CHANGE/SNACK (ICE CUT)	11:30 - 12:00 pm	
12:00	12:15	OFF-ICE SKILL	ICE 2	ATHLETICISM	
12:15	12:30	& SHOOTING	Rink: FNR	Sanford POWER	
12:30	12:45	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	
12:45	1:00				
1:00	1:15			CHANGE/SNACK (ICE CUT)	ICE 1
1:15	1:30				Rink: SPR
1:30	1:45			ICE 2	1:00 - 2:00 pm
1:45	2:00			Rink: FNR	
2:00	2:15			1:15 - 2:15 pm	CHANGE/ICE CUT
2:15	2:30				ATHLETICISM
2:30	2:45				Sanford POWER
2:45	3:00				2:15 - 3:15 pm
3:00	3:15				RE-FUEL
3:15	3:30				3:15 - 3:45 pm
3:30	3:45				OFF-ICE SKILL
3:45	4:00				& SHOOTING
4:00	4:15				3:45 - 4:45 pm
4:15	4:30				CHANGE/ICE CUT
4:30	4:45				ICE 2
4:45	5:00				Rink: FNR
5:00	5:15				5:00 - 6:00 pm
5:15	5:30				ICE CUT
5:30	5:45				
5:45	6:00				
6:00	6:15				
6:15	6:30				