

NMHC 2026

Week 1: 8/3 - 8/6

Week 2: 8/10 - 8/13

*Subject to change

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