

Day	Time	Activity
July 14, 2024	7:00 AM - 7:30 AM	Player Sign in
	7:30 AM - 8:45 AM	On-Ice - Checking Skills
	8:45 AM - 9:15 AM	Time to change after ice time
	9:15 AM - 10:00 AM	Goal Setting Session/Checking Review
	10:00 AM - 11:30 AM	Dryland Session
	11:30 AM - 12:00 PM	Game/Activity
	12:00 PM -12:30 PM	Lunch/Free Time
	12:30 PM - 1:45 PM	Class Room Time - Intro to Team systems/Offensive Systems
	1:45 PM - 2:15 PM	Time to change prior to ice time
	2:15 PM - 3:30 PM	On-Ice - Stride Dynamics I
	3:30 PM - 4:00 PM	Athlete pick up/Sign Out
July 15, 2024	7:00 AM - 7:30 AM	Player Sign in
	7:30 AM - 8:45 AM	On-Ice - Offensive Team Systems
	8:45 AM - 9:15 AM	Time to change after ice time
	9:15 AM - 10:30 AM	Class room time - Team Systems, Defensive Systems
	10:30 AM - 11:15 AM	Game/Activity
	11:15 AM - 12:45 PM	Dryland Session
	12:45 PM -1:15 PM	Lunch/Free Time
	1:15 PM - 1:45 PM	Class Room Time - Review of Offensive Systems
	1:45 PM - 2:15 PM	Time to change prior to ice time
	2:15 PM - 3:30 PM	On-Ice - Edges and Mobility I
	3:30 PM - 4:00 PM	Athlete pick up/Sign Out
July 16, 2024	7:00 AM - 7:30 AM	Player Sign in
	7:30 AM - 8:45 AM	On-Ice - Defensive Team Systems
	8:45 AM - 9:15 AM	Time to change after ice time
	9:15 AM - 10:45 AM	Dryland Session
	10:45 AM - 11:30 AM	Class Room Time - Defensive Systems Review
	11:30 AM - 12:00 PM	Game/Activity
	12:00 PM -12:30 PM	Lunch/Free time
	12:30 PM - 1:45 PM	Class Room Time - Special Teams (PP)
	1:45 PM - 2:15 PM	Time to change prior to ice time
	2:15 PM - 3:30 PM	On-Ice - Stride Dynamics 2
	3:30 PM - 4:00 PM	Athlete pick up/Sign Out
July 17, 2024	7:00 AM - 7:30 AM	Player Sign in
	7:30 AM - 8:45 AM	On-Ice - Special Teams (PP)
	8:45 AM - 9:15 AM	Time to change after ice time
	9:15 AM - 10:00 AM	Class Room Time - Special Teams Review (PP)
	10:00 AM - 11:30 AM	Dryland Session
	11:30 AM - 12:00 PM	Game/Activity
	12:00 PM -12:30 PM	Lunch/Free time
	12:30 PM - 1:45 PM	Class Room Time - Special Teams (PK)
	1:45 PM - 2:15 PM	Time to change prior to ice time
	2:15 PM - 3:30 PM	On-Ice - Edges and Mobility 2
	3:30 PM - 4:00 PM	Athlete pick up/Sign Out
July 18, 2024	7:00 AM - 7:30 AM	Player Sign in
	7:30 AM - 8:45 AM	On-Ice - Special Teams (PK)
	8:45 AM - 9:15 AM	Time to change after ice time
	9:15 AM - 10:00 AM	Class Room Time - Special Teams Review (PK)
	10:00 AM - 11:30 AM	Dryland Session
	11:30 AM - 12:00 PM	Game/Activity
	12:00 PM -12:30 PM	Lunch/Free Time
	12:30 PM - 1:45 PM	Class Room Time - Talk/discussion on intangibles
	1:45 PM - 2:15 PM	Time to change prior to ice time
	2:15 PM - 3:30 PM	On-Ice - Scrimmage
	3:30 PM - 4:00 PM	Athlete pick up/Sign Out