

NORTHWESTERN HOCKEY CAMP
JULY 12 – 16 SCHEDULE (FLAGSTAFF, AZ)

UNDER 8 CAMP

8:40-9:00 AM	DRESSING
9:00-10:15 AM	ON ICE
10:30-11:00 AM	VIDEO
11:00-11:45 AM	SPORTS CAMP (U8 DISMISSED)

UNDER 11 CAMP

8:40-9:00 AM	DRESSING
9:00-10:15 AM	ON ICE
10:30-11:00 AM	VIDEO
11:00-11:45 AM	SPORTS CAMP
11:45-12:15 PM	LUNCH (BRING LUNCH&SNACKS)
12:15-12:30 PM	DRESSING
12:30-1:45 PM	ON ICE
2:00-2:30 PM	VIDEO
2:30-3:15 PM	SPORTS CAMP
3:15 PM	UNDER 11 DISMISSED

UNDER 14 & UNDER 18 CAMPS

9:00-9:45 AM	SPORTS CAMP
9:45-10:10 AM	VIDEO
10:15-10:30 AM	DRESSING
10:30-12:00 PM	ON ICE
12:00-12:30	LUNCH (BRING LUNCH&SNACK)
12:30-1:00	VIDEO
1:00-1:45 PM	SPORTS CAMP
1:45-2:00	DRESSING
2:00-3:30 PM	ON ICE
3:30 PM	DISMISSED

IMPORTANT NOTES FOR CAMP:

- **Camp Check in Monday AM (U8/U11 @8:15 A.M.) (U14/U18 @8:40 AM)**
- **Under 8 Dismissed at 11:45 am daily**
- Players will require a lunch, snacks, personal water bottle, hand sanitizer
- Jerseys will be issued prior to first ice session once fully dressed
- Covid 19 face masks are NOT mandatory, but certainly welcomed on and off-ice
- Players will require full ice hockey equipment, including mouthguards
- Players will require off ice training wear (shorts or pants, shirt, and athletic shoes)
- Players will require a personal designated off ice hockey stick for sports camp sessions
- Players will meet each morning in their designated locker room (NHCC Not responsible for loss)
- Parents and family are welcome to view on ice sessions
- Last Friday PM Sessions will be Games for Under 11, Under 14, & Under 18
- Any questions contact hmahood@northwesternhockeycanada.ca