



HAMMER HOCKEY

PORT SKILLS CAMP SCHEDULE*
AUGUST 8 - 11, 2017

<u>DAY ONE</u>	<u>DAY TWO</u>	<u>DAY THREE</u>	<u>DAY FOUR</u>
9:00AM - CHECK IN AND ORIENTATION	9:00AM - DROP OFF	9:00AM - DROP OFF	9:00AM - DROP OFF
10:00AM - ATHLETE DEVELOPMENT	9:20AM - GROUP WARM UP	9:20AM - GROUP WARM UP	9:20AM - GROUP WARM UP AND TRAINING
11:00AM - CHALK TALK/LUNCH	10:00AM - ON ICE 1	10:00AM - ON ICE 1	10:15AM - STICK HANDLING
12:30PM - ICE 1	11:15AM - ATHLETE DEVELOPMENT	11:45AM - OFF ICE TRAINING	11:00PM - CHALK TALK & LUNCH
2:15PM - ICE 2	12:00PM - CHALK TALK	12:30PM - LUNCH	12:20PM - ON ICE 1
3:45PM - STICK HANDLING	1:00PM - LUNCH & VIDEO	1:30PM - ICE 2	2:30PM - ON ICE 2
4:30PM - PICK UP	2:20PM - ON ICE 2	3:15PM - ATHLETE DEVELOPMENT	3:45PM - ATHLETE DEVELOPMENT & PLAYER MEETINGS
	3:30PM - ON ICE 3	4:00PM - LEADERSHIP TALK	
	4:30PM - PICK UP	4:30PM - PICK UP	4:30PM - PICK UP