

Westminster Gold - TTD 2025 Schedule

Time	Activity	Location	Coach
Day 1, July 6, 2025			
9:15 - 10:15am	Arrive and Register	Sullivan Rink	Kossbiel
9:30 - 10:30am	Dorm Items to Dorm Room	JOA Hall	Kossbiel
9:30 - 10:30am	Equipment to Locker Room	Sullivan Rink	Kossbiel
10:45am	Kickoff Meeting	Dana Room 1D	Dixon
11:20am	Team Captains / Leaders	Dana Room 1D	Dixon
11:30am	Lunch		
12:30 - 1:20pm	Set Up Room/Meet Roommates	Dorm	
1:40 - 2:30pm	Team Strengths/Weaknesses (SWOT)	Locker Room	Captains / Leaders
2:50 - 3:50pm	On-Ice	Rink	Hennes
4:10 - 5:00pm	Stretch and Recovery	Rink Concourse	Allegrino
5:00 - 6:00pm	Dinner		
6:00 - 7:00pm	Free Time for Team Activities	Dorm	Captains / Leaders
7:10 - 8:10pm	Mental Performance	Dana Room 1D	Emery
8:20 - 9:20pm	Team Building - Phoenix Games	Goulet - Perini	Dixon
10:30pm	Lights Out	Dorm	Kossbiel
Day 2, July 7, 2025			
7:00am	Wake		
7:10am	Breakfast		
8:00 - 8:50am	On-Ice	Rink	Hennes
9:10 - 9:50am	Mental Performance	Dana Room 1D	Emery
10:10 - 10:50am	Hockey IQ/Video	Goulet - Perini	Ries
11:10 - 12:00pm	Stretch and Recovery	Rink Concourse	Allegrino
Noon	Lunch		
12:30 - 1:00pm	Mid-Day Break	Quiet Time	
1:00 - 1:50pm	Stretch and Recovery	Rink Concourse	Allegrino
2:10 - 2:45pm	Team Building - Phoenix Games	Back of Dining	Dixon
3:00 - 3:45pm	Mental Performance	Dana Room 1D	Emery
4:00 - 4:50pm	On-Ice	Rink	College Coaches
5:00pm	Dinner		
6:00 - 10:00pm	Full Ice Games	Rink	Fitzgerald
7:30 - 9:30pm	Food Truck	Quad	Player Purchase
9:30 - 10:30pm	Team Time	Dorm	Captains / Leaders
10:30pm	Lights Out	Dorm	Kossbiel
Day 3, July 8, 2025			
7:00am	Wake		
7:10am	Breakfast		
8:00 - 8:50am	Stretch and Recovery	Rink Concourse	Allegrino
9:00 - 9:50am	On-Ice	Rink	Hennes
10:10 - 10:50am	Mental Performance	Dana Room 1D	Emery
11:10 - 12:00pm	Hockey IQ/Video	Goulet - Perini	Ries
Noon	Lunch		
12:30 - 1:00pm	Mid-Day Break	Quiet Time	
1:00 - 1:40pm	College Hockey Q&A	TBD	Fitz / Cam
2:00 - 2:50pm	Mental Performance	Dana Room 1D	Emery
3:00 - 3:50pm	On-Ice	Rink	College Coaches
4:10 - 4:50pm	Stretch and Recovery	Rink Concourse	Allegrino
5:00pm	Dinner		
6:00 - 7:30pm	Spikeball, Cornhole, Wiffleball, Ultimate	Grass Field	Phoenix Games
7:30 - 9:30pm	Food Truck	Quad	Player Purchase
9:30pm	Wrap Up Meeting	Dana Room 1D	Everyone
9:00 - 10:00pm	Team Time	Quad / Dorm	Captains / Leaders
10:30pm	Lights Out	Dorm	Kossbiel
Day 4, July 9, 2025			
7:00am	Wake		
7:10am	Breakfast		
7:30am	Pack Belongings / Clean Room		
7:45am	Turn in Linens (If Service Used)	Dorm Lobby	
7:50am	Bring Belongings to Rink		
8:00 - 12:00pm	Games		
Morning As Needed	Stretch and Recovery	Rink Concourse	Allegrino
Morning During Games	Mental Performance	Locker Room	Emery
Morning During Games	Debrief	Locker Room	Dixon