

Westminster Gold - TTD 2025 Schedule

Time	Activity	Location
Day 1, July 6, 2025		
9:15 - 10:15am	Arrive and Register	Sullivan Rink
9:30 - 10:30am	Dorm Items to Dorm Room	JOA Hall
9:30 - 10:30am	Equipment to Locker Room	Sullivan Rink
10:45am	Kickoff Meeting	Dana Room 1D
11:20am	Team Captains / Leaders	Dana Room 1D
11:30am	Lunch	
12:30 - 1:20pm	Set Up Room/Meet Roommates	Dorm
1:40 - 2:30pm	Team Strengths/Weaknesses (SWOT)	Locker Room
2:50 - 3:50pm	On-Ice	Rink
4:10 - 5:00pm	Stretch and Recovery	Rink Concourse
5:00 - 6:00pm	Dinner	
6:00 - 7:00pm	Free Time for Team Activities	Dorm
7:10 - 8:10pm	Mental Performance	Dana Room 1D
8:20 - 9:20pm	Team Building - Phoenix Games	Goulet - Perini
10:30pm	Lights Out	Dorm
Day 2, July 7, 2025		
7:00am	Wake	
7:10am	Breakfast	
8:00 - 8:50am	On-Ice	Rink
9:10 - 9:50am	Mental Performance	Dana Room 1D
10:10 - 10:50am	Hockey IQ/Video	Goulet - Perini
11:10 - 12:00pm	Stretch and Recovery	Rink Concourse
Noon	Lunch	
12:30 - 1:00pm	Mid-Day Break	Quiet Time
1:00 - 1:50pm	On-Ice	Rink
2:10 - 2:50pm	Stretch and Recovery	Rink Concourse
3:10 - 3:50pm	Team Building - Phoenix Games	Back of Dining
4:10 - 4:50pm	Mental Performance	Dana Room 1D
5:00pm	Dinner	
6:00 - 10:00pm	Full Ice Games	Rink
7:30 - 9:30pm	Food Truck	Quad
9:30 - 10:30pm	Team Time	Dorm
10:30pm	Lights Out	Dorm
Day 3, July 8, 2025		
7:00am	Wake	
7:10am	Breakfast	
8:00 - 8:50am	Stretch and Recovery	Rink Concourse
9:00 - 9:50am	On-Ice	Rink
10:10 - 10:50am	Mental Performance	Dana Room 1D
11:10 - 12:00pm	Hockey IQ/Video	Goulet - Perini
Noon	Lunch	
12:30 - 1:00pm	Mid-Day Break	Quiet Time
1:00 - 1:40pm	College Hockey Q&A	TBD

2:00 - 2:50pm	Mental Performance	Dana Room 1D
3:00 - 3:50pm	On-Ice	Rink
4:10 - 4:50pm	Stretch and Recovery	Rink Concourse
5:00pm	Dinner	
6:00 - 7:30pm	Spikeball, Cornhole, Wiffleball, Ultimate	Grass Field
7:30 - 9:30pm	Food Truck	Quad
9:30pm	Wrap Up Meeting	Dana Room 1D
9:00 - 10:00pm	Team Time	Quad / Dorm
10:30pm	Lights Out	Dorm

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
Morning During Games	Mental Performance	Locker Room
Morning During Games	Debrief	Locker Room

Coach

Kossbiel
Kossbiel
Kossbiel
Dixon
Dixon

Captains / Leaders
Hennes
Allegrino

Captains / Leaders
Emery
Dixon
Kossbiel

Hennes
Emery
Ries
Allegrino

College Coaches
Allegrino
Dixon
Emery

Fitzgerald
Player Purchase
Captains / Leaders
Kossbiel

Allegrino
Hennes
Emery
Ries

Fitz / Cam

Emery
College Coaches
Allegrino

Phoenix Games
Player Purchase
Everyone
Captains / Leaders
Kossbiel

Allegrino
Emery
Dixon