

St. Paul's - 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	Team Building - Phoenix Games	Goulet - Perini
1:40 - 2:40pm	Team Strengths/Weaknesses (SWOT)	Locker Room
3:00 - 3:50pm	Set Up Room/Meet Roommates	Dorm
4:00 - 5:00pm	On-Ice	Rink
5:00 - 6:00pm	Dinner	
6:00 - 7:00pm	Stretch and Recovery	Rink Concourse
7:20 - 8:10pm	Free Time for Team Activities	Dorm
8:40 - 9:20pm	Mental Performance	Dana Room 1D
10:30pm	Lights Out	Dorm
Day 2, July 7, 2025		
7:00am	Wake	
7:10am	Breakfast	
8:00 - 8:25am	Hockey IQ/Video	Goulet - Perini
9:25 - 9:50am	Stretch and Recovery	Rink Concourse
10:00 - 10:50am	On-Ice	Rink
11:10 - 12:00pm	Mental Performance	Dana Room 1D
Noon	Lunch	
12:30 - 1:00pm	Mid-Day Break	Quiet Time
1:00 - 1:45pm	Team Building - Phoenix Games	Back of Dining
2:00 - 2:40pm	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 - 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	
8:25 - 8:50am	Hockey IQ/Video	Goulet - Perini
9:10 - 9:40am	Stretch and Recovery	Rink Concourse
10:00 - 10:50am	On-Ice	Rink
11:10 - 12:00pm	Mental Performance	Dana Room 1D
Noon	Lunch	
12:30 - 1:00pm	Mid-Day Break	Quiet Time
1:00 - 1:50pm	Mental Performance	Dana Room 1D

2:00 - 2:50pm	On-Ice	Rink
3:10 - 3:40pm	Stretch and Recovery	Rink Concourse
4:00 - 4:50pm	College Hockey Q&A	TBD
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

Dixon

Captains / Leaders

Hennes

Allegrino

Captains / Leaders

Emery

Kossbiel

Ries

Allegrino

Hennes

Emery

Dixon

Emery

College Coaches

Allegrino

Fitzgerald

Player Purchase

Captains / Leaders

Kossbiel

Ries

Allegrino

Hennes

Emery

Emery

College Coaches
Allegrino
Fitz / Cam

Phoenix Games
Player Purchase
Everyone
Captains / Leaders
Kossbiel

Allegrino
Emery
Dixon