

St. Paul's - TTD 2024 Schedule

Time	Activity	Location	Coach
Day 1, July 14, 2024			
10:00 - 10:45am	Arrive and Register	Sullivan Rink	Kossbiel
10:00 - 11:00am	Dorm Items to Dorm Room	JOA Hall	Kossbiel
10:00 - 11:00am	Equipment to Locker Room	Sullivan Rink	Kossbiel
11:15am	Kickoff Meeting	Dana Room 1D	Kossbiel
Noon	Lunch		
12:30 - 1:20pm	Setup Room/ Meet Roommates	Dorm	
1:30 - 2:20pm	On-Ice	Rink	Hennes
2:40 - 3:25pm	Mental Performance	Dana Room 1D	Emery
3:35 - 4:20pm	Team Building - Phoenix Games	Goulet - Perini	Kossbiel
4:35 - 5:15pm	Stretch and Recovery	Rink Concourse	Allegrino
5:30pm	Dinner		
7:00 - 7:50pm	On-Ice	Rink	Mentors : MacD/Fitzzy/Cegs
8:15 - 9:00pm	Team Strengths / Weaknesses	Locker Room	Captains / Leaders
10:00 PM	Check-in	Dorm	Kossbiel
Day 2, July 15, 2024			
7:00am	Wake		
7:10am	Breakfast		
8:00 - 8:40am	Stretch and Recovery	Rink Concourse	Allegrino
9:00 - 9:50am	On-Ice	Rink	Hennes
10:10 - 10:55am	Mental Performance	Dana Room 1D	Emery
11:05 - 11:50am	Hockey IQ/Video	Goulet - Perini	Ries
Noon	Lunch		
12:30 - 1:20pm	Mid-Day Break	Quiet Time	
**12:30 - 1:20pm	Team Captains / Leadership	Dana Room 1D	Kossbiel
1:30 - 2:10pm	Stretch and Recovery	Rink Concourse	Allegrino
2:30 - 3:20pm	On-Ice	Rink	College Coaches
3:40 - 4:25pm	Mental Performance	Dana Room 1D	Emery
4:35 - 5:20pm	Team Building - Phoenix Games	Goulet - Perini	Kossbiel
5:30pm	Dinner		
6:30 - 7:15pm	College Hockey Info Session	Dana Room 1D	Mentors : MacD/Fitzzy/Cegs
7:30 - 8:10 pm	On-Ice	Dorm/Quad	Mentors : MacD/Fitzzy/Cegs
8:10 - 9:00pm	Team Time	Rink	Captains/Leaders
9:10 - 9:50 pm	On-Ice	Rink	Mentors : MacD/Fitzzy/Cegs
10:00 PM	Check-in	Dorm	Fitzgerald
Day 3, July 16, 2024			
7:00am	Wake		
7:10am	Breakfast		
8:00 - 8:45am	Hockey IQ/Video	Goulet - Perini	Ries
9:00 - 9:40am	Stretch and Recovery	Rink Concourse	Allegrino
10:00 - 10:50am	On-Ice	Rink	Hennes
11:10 - 11:55am	Mental Performance	Dana Room 1D	Emery
Noon	Lunch		
12:30 - 1:20pm	Mid-Day Break	Quiet Time	
**12:30 - 1:20pm	Team Captains / Leadership	Dana Room 1D	Kossbiel
1:30 - 2:15pm	Team Building	TBD	Mentors : Fitz and MacD
2:30 - 3:10pm	Stretch and Recovery	Rink Concourse	Allegrino
3:30 - 4:20pm	On-Ice	Rink	College Coaches
4:40 - 5:25pm	Mental Performance	Dana Room 1D	Emery
5:30pm	Dinner		
6:30 - 8:30 pm	Spikeball, Cornhole, Wiffleball	Grass Field	Phoenix Games
9:00 - 9:30pm	Camp Wrap Up Meeting	Dana Room 1D	Kossbiel
10:00 PM	Check-in	Dorm	Kossbiel
Day 4, July 17, 2024			
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 - 8:40am	Stretch and Recovery	Rink Concourse	Allegrino
9:00 - 9:50am	On-Ice	Rink	Hennes
10:10 - 10:55am	Mental Performance	Locker Room	Emery
11:05 - 11:50am	Debrief	Locker Room	Kossbiel