

## Westminster - TTD 2024 Schedule

Time	Activity	Location	Coach
<b>Day 1, July 14, 2024</b>			
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 - 2:10pm	Stretch and Recovery	Rink Concourse	Allegrino
2:30 - 3:20pm	On-Ice	Rink	Hennes
3:40 - 4:25pm	Mental Performance	Dana Room 1D	Emery
4:35 - 5:20pm	Team Building - Phoenix Games	Goulet - Perini	Kossbiel
5:30pm	Dinner		
7:30 - 8:30 PM	Team Strengths / Weaknesses	Locker Room	Captains / Leaders
9:00 - 9:50 PM	On-Ice	Sullivan Rink	Delaney
10:00 PM	Check in	Dorm	Kossbiel
<b>Day 2, July 15, 2024</b>			
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 - Phoenix Games	Goulet - Perini	Kossbiel
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 - 7:15pm	College Hockey Info Session	Dana Room 1D	Mentors : Fitz and MacD
7:15 - 8:00pm	Team Time	Rink	Captains/Leaders
8:20 - 9:00pm	On Ice	Rink	Mentors : Fitz and MacD
9:10 - 9:50 PM	On-Ice	Rink	Mentors : Fitz and MacD
10:00 PM	Check-in		
<b>Day 3, July 16, 2024</b>			
7:00am	Wake		
7:10am	Breakfast		
8:00 - 8:45am	Mental Performance	Dana Room 1D	Emery
9:00 - 9:45am	On-Ice	Rink	Delaney
10:00 - 10:40am	Stretch and Recovery	Rink Concourse	Allegrino
11:00 - 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 - 2:15pm	Mental Performance	Dana Room 1D	Emery
2:30 - 3:15pm	On-Ice	Rink	College Coaches
3:30 - 4:10pm	Stretch and Recovery	Rink Concourse	Allegrino
4:30 - 5:20pm	Team Building	TBD	Mentors :Fitz and MacD
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	Fitzgerald
<b>Day 4, July 17, 2024</b>			
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 - 8:45am	Debrief	Locker Room	Kossbiel
9:00 - 9:40am	Stretch and Recovery	Rink Concourse	Allegrino
10:00 - 10:50am	On-Ice	Rink	Hennes
11:10 - 11:55am	Mental Performance	Locker Room	Emery