



TEAM DOAN #19

GROUP SCHEDULE



MONDAY

Time	Activity
8:30 - 9:15 AM	Ball Hockey
9:30 - 10:15 AM	Soccer
11:00 - 11:45 AM	On Ice Session # 1 (Power Skating)
12:15 - 12:45 PM	Lunch
1:00 - 2:00 PM	Lacrosse Intro
2:00 - 2:30 PM	Team Building
3:00 - 3:45 PM	On Ice Session # 2
4:15 - 5:00 PM	Shooting Clinic #1
5:15 - 6:00 PM	Shooting Clinic #2
6:15 - 7:00 PM	Checking Clinic
7:15 - 8:00 PM	Defence Clinic

TUESDAY

Time	Activity
8:00 - 8:45 AM	On Ice Session # 3
9:00 - 9:45 AM	Ball Hockey
10:00 - 10:45 AM	Tennis Baseball
11:00 - 11:15 AM	Lunch
12:00 - 12:45 PM	On Ice Session # 4 (Power Skating)
1:00 - 1:45 PM	Dryland
2:00 - 3:00 PM	Swimming (Out of Pool at 3:00)
4:15 - 5:00 PM	Shooting Clinic #1
5:15 - 6:00 PM	Shooting Clinic #2
6:15 - 7:00 PM	Checking Clinic
7:15 - 8:00 PM	Defence Clinic

WEDNESDAY

Time	Activity
8:00 - 8:45 AM	Dressing Room
9:00 - 9:45 AM	On Ice Session # 5
10:15-11:15 AM	Combine
11:30 - 12:00 PM	Lunch
1:00 - 1:45 PM	On Ice Session # 6
2:00 - 2:45 PM	Dryland
2:45 - 3:45 PM	Lacrosse
4:15 - 5:00 PM	Shooting Clinic #1
5:15 - 6:00 PM	Shooting Clinic #2
6:15 - 7:00 PM	Checking Clinic
7:15 - 8:00 PM	Defence Clinic

THURSDAY

Time	Activity
8:00 - 9:00 AM	Soccer
10:00 - 10:45 AM	On Ice Session # 7 (Power Skating)
11:00 - 11:45 AM	Ball Hockey
12:00 - 12:45 PM	Lunch
12:45 - 1:15 PM	Team Building
2:00 - 2:45 PM	On Ice Session # 8
3:00 - 3:45 PM	Dryland
4:15 - 5:00 PM	Shooting Clinic #1
5:15 - 6:00 PM	Shooting Clinic #2
6:15 - 7:00 PM	Checking Clinic
7:15 - 8:00 PM	Defence Clinic

FRIDAY

Time	Activity
8:45 - 10:00 AM	Lacrosse Game
10:15 - 11:00 AM	Dressing Room
11:00 - 11:45 AM	FEATURE GAME
12:00 - 12:30 PM	Lunch / Parental Sign Out