



# TEAM STAMKOS #91

## GROUP SCHEDULE



### MONDAY

Time	Activity
8:00 - 9:00 AM	Lacrosse Intro
10:00 - 10:45 AM	On Ice Session # 1 (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 # 2
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

### TUESDAY

Time	Activity
8:30 - 9:15 AM	Ball Hockey
9:30 - 10:15 AM	Tennis Baseball
11:00 - 11:45 AM	On Ice Session # 3
12:15 - 12:45 PM	Lunch
1:00 - 1:45 PM	Kick ball
1:45 - 2:15 PM	Team Building
3:00 - 3:45 PM	On Ice Session # 4 (Power Skating)
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	On Ice Session # 5
9:00 - 10:00 AM	Combine
10:00 - 11:00 AM	Lacrosse
11:00 - 11:15 AM	Lunch
12:00 - 12:45 PM	On Ice Session # 6
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

### THURSDAY

Time	Activity
8:15	Dressing Room
9:00 - 9:45 AM	On Ice Session # 7 (Power Skating)
10:15 - 11:00 AM	Ball Hockey
11:15 - 11:45 AM	Lunch
11:45 - 12:15 PM	Team Building
1:00 - 1:45 PM	On Ice Session # 8
2:00 - 2:45 PM	Dryland
3:00 - 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

### FRIDAY

Time	Activity
8:15 - 9:00 AM	Dressing Room
9:00 - 9:45 AM	FEATURE GAME
10:00 - 10:45 AM	Ball Hockey
11:00 - 11:30AM	Lunch / Parental Sign Out