`	Monday July 22nd			Tuesday July 23rd			Wednesday July 24th			Thursday July 25th			Friday July 26th		
Time	Group 1	Group 2	Group 3	Group 1	Group 2	Group 3	Group 1	Group 2	Group 3	Group 1	Group 2	Group 3	Group 1	Group 2	Group 3
7:30	Registration for new campers and Breakfast for the Sunday Arrivals			Breakfast for all Groups 7:30-8:30 AM			Breakfast for all Groups 7:30-8:30 AM			Breakfast for all Groups 7:30-8:30 AM			Breakfast for all Groups 6:30-7:00 AM		
745													Warm up and Dress		
800													Harry's Cup 8:00-9:30 AM 2 45 MINUTE GAMES (All Staff)		
815															
830	Warm up and Dress	Strength and Conditioning 8:45-9:45 AM (Sam Cheema)		Strength and Conditioning and off ice testing for those who have signed up 8:45-9:45 AM (Jonas, Phil Al)		Warm up and Dress	Bowling 8:45-10:00 AM	Warm up and Dress	Bowling 8:45-10:00 AM	Warm up and Dress	Strength and Conditioning and 8:45-9:45 AM (Sam Cheema)				
845															
900	Ice Time 9:00-10:00 (Sergei, Nemmi, Kriillan Goalies)					Power Skating 9:00-10:00 (Sergei,Sam Cheema, Krillan Goalies)		Ice Time 9:00-10:00 (Sergei, Nemmi,Krillan		Ice Time 9:00-10:00 (Sergei, Nemmi,Krillan					
915															
930													Ice clean		
945		Warm up and Dress	Recovery Time	Warm up and Dress	Recovery Time				Warm up and Dress		Warm up and Dress	Recovery Time	Harry's Cup 9:45-10:30 AM 1 45 MINUTE GAMES (All Staff)		
1000	Ice clean and cooldown					Ice clean and cooldown	Recovery Time	Ice clean and cooldown		Ice clean and cooldown					
1015		Ice Time 10:15-11:15 (Sergei, Nemmi, Krillan Goalies)	Off Ice Skills 10:30-11:15 AM (Jonas)	Ice Time 10:15-11:15(Sergei, Sam Cheema,Krillan Goalies)	Off Ice Skills 10:30-11:15 AM (Nemmy)		Off Ice Skills 10:30-11:15 AM (Sam Cheema)		Ice Time 10:15-11:15 (Sergei, Nemmi,Krillan Goalies)	Seminar (Guest Speaker) 10:30-11:15 AM	Ice Time 10:15-11:15 (Sergei, Nemmi,Krillan Goalies)	Meet for Seminar			
1030	Off Ice Skills 10:30-11:15 AM (Jonas)											Seminar (Guest Speaker) 10:30-11:15 AM	Closing Ceremony		
1045													Ice clean		
1100													Finish Packing and Bus leaves for Airport		
1115	Strength and Conditioning 11:15-1230 PM (Sam Cheema)	Ice clean and cooldown	Dress for Ice time	Ice clean and cooldown	Dress for Ice time	Strength and Conditioning and off ice testing for those who have signed up 11:15-1230 PM (Jonas, Phil, AL)	Dress for Ice time		ce clean and cooldown	Strength and Conditioning 11:15-1230 PM (Sam Cheema)	Ice clean and cooldown	Dress for Ice time			
1130					Power Skating 11:30-12:30(Sergei, Sam Cheema,Krillan Goalies)		Power Skating 11:30-12:30 (Sergei, Nemmi, Krillan Goalies)	Bowling 11:15-12:30 PM				Power Skating 11:30-12:30 (Sergei, Nemmi, Krillan Goalies)			
1145		Off Ice Skills 11:45-12:30 PM (Jonas)	Ice Time 11:30-12:30 (Sergei, Nemmi, Krillan Goalies)	Off Ice Skills 11:45-12:30 PM (Nemmy)					Off Ice Skills 11:30-12:30 PM (Sam Cheema)		Seminar (Guest Speaker) 11:45-12:30 PM				
1200															
1215															
1230	Lunch for all Groups 12:30-1:30 PM		Ice clean and cooldown	Lunch for all Groups 12:30-1:30 PM		Ice clean and cooldown	Lunch for all Groups 12:30-1:30 PM		Ice clean and cooldown	Lunch for all Groups 12:30-1:30 PM		Ice clean and cooldown			
1245															
1300						12:45- 2pm Global Sport Testing for those signed up									
1315															
1330	Dynamic Warm up and Dress			Dynamic Warm up and Dress		12:45- 2pm Global Sport Testing for those signed up	Dynamic Warm up and Dress			Dynamic Warm up and Dress					
1345															
1400						Ice clean and cooldown									
1415	Ice Time Forwards and 1/2 Goalies 2:15-3:30 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,)			Ice Time 2:15-3:30 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,Nemmi)			Ice Time 2:15-3:30 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,)			Ice Time 2:15-3:30 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,)					
1430															
1445															
1500	Defence and 1/2 Goalies College Seminar (James Brodie)			Seminar (TBA)			Seminar (Counsellors-Question and answer)			Seminar (Harry Rosenholtz - College recruiting and educational advising)					
1515															
1530	Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown					
1545	Ice Time Defense and 1/2 Goalies 3:45-5:00 PM (Rob Morgan, Melissa Pauch, Taylor Wasylk, Jess Kuizumi)			Ice Time 3:45-5:00 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,Nemmi)			Ice Time 3:45-5:00 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,)			Ice Time3:45-5:00 PM (Taylor Wasylk, Jes Kuizumi, Rob Morgan, Melissa Pauch,)					
1600															
1615															
1630	Forwards and 1/2 Goalies College Seminar (James Brodie)			Seminar (TBA)			Seminar (Counsellors-Question and answer)			Seminar (Harry Rosenholtz - College recruiting and educational advising)					
1645															
1700	Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown					
1715	Supper All Groups 5:15-6:30 PM			Supper All Groups 5:15-6:30 PM			Supper All Groups 5:15-6:30 PM			Supper All Groups 5:15-6:30 PM					
1730															
1745															
1800															
1815															
1830	Warm up and Dress			Warm up and Dress			Warm up and Dress			Warm up and Dress					
1845															
1900	Small Area Games 7:00-8:00 PM (All Staff)			On Ice Games 7:00-8:00 PM (All Staff) 4 on 4 Competitions			On Ice Games 7:00-8:00 PM (All Staff) 5 on 5 Competitions			On Ice Games 7:00-8:00 PM (All Staff) 3 on 3 Competitions					
1915															
1930															
1945															
2000	Ice clean			Ice clean			Ice clean			Ice clean					
2015	Small Area Games 8:15-9:15 PM (All Staff)			On Ice Games 8:15-9:15 PM (All Staff) 4 on 4 Competitions			On Ice Games 8:15-9:15 PM (All Staff) 5 on 5 Competitions			On Ice Games 8:15-9:15 PM 3 on 3					
2030															
2045															
2100															
2115	Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown			Ice clean and cooldown					
2130	Free Time 930-10:00 PM			Free Time 930-10:00 PM			Free Time 930-10:00 PM			Free Time 930-10:00 PM					
2145															
2200	In own space ready for Lights out			In own space ready for Lights out			In own space ready for Lights out			In own space ready for Lights out					