





DAY 1: THURSDAY, AUGUST 8, 2019

2019 TEAM MANITOBA POE		
TIME	U16 Male	TIME
	  	
9:45 AM	Arrive - Bell/MTS Iceplex	9:45 AM
10:00 AM	Meeting	10:00 AM
10:15 AM	Principles of Play	10:15 AM
10:30 AM	Team Identity	10:30 AM
10:45 AM		10:45 AM
11:00 AM	Meeting	11:00 AM
11:15 AM	Sport Nutrition - Chris Hyde	11:15 AM
11:30 AM		11:30 AM
11:45 AM		11:45 AM
12:00 PM		12:00 PM
12:15 PM	TeamBuilding	12:15 PM
12:30 PM	Iceplex - Party Works	12:30 PM
12:45 PM		12:45 PM
1:00 PM		1:00 PM
1:15 PM		1:15 PM
1:30 PM	Lunch	1:30 PM
1:45 PM	Iceplex	1:45 PM
2:00 PM		2:00 PM
2:15 PM		2:15 PM
2:30 PM		2:30 PM
2:45 PM		2:45 PM
3:00 PM		3:00 PM
3:15 PM		3:15 PM
3:30 PM	Tactical Review	3:30 PM
3:45 PM	Group Meetings - Walk-Throughs / Video	3:45 PM
4:00 PM		4:00 PM
4:15 PM		4:15 PM
4:30 PM		4:30 PM
4:45 PM		4:45 PM
5:00 PM		5:00 PM
5:15 PM	Practice 4:30 - 6:00 pm	5:15 PM
5:30 PM	Style of Play - Practicing Our Principles of Play	5:30 PM
5:45 PM		5:45 PM
6:00 PM		6:00 PM
6:15 PM		6:15 PM
6:30 PM		6:30 PM
6:45 PM		6:45 PM
7:00 PM		7:00 PM
7:15 PM		7:15 PM
7:30 PM		7:30 PM
7:45 PM		7:45 PM
8:00 PM	Team Dinner	8:00 PM
8:15 PM	BBQ - Assiniboine Park - Picnic Site #3	8:15 PM
8:30 PM		8:30 PM
8:45 PM		8:45 PM
9:00 PM		9:00 PM

DAY 2: FRIDAY, AUGUST 9, 2019

2019 TEAM MANITOBA POE		
TIME	U16 Male	TIME
		
9:00 AM	Mental Performance Intro - Stephen Dubiensi	9:00 AM
9:15 AM	Group-1: Multi Media - Iceplex Confernece Room Group-2: Team Toba Gear - Dressing Room (TBA) Group-3: Mental Performance - Iceplex Restaurant Goup-4: Coach Jeff Round Table	9:15 AM
9:30 AM		9:30 AM
9:45 AM		9:45 AM
10:00 AM		10:00 AM
10:15 AM		10:15 AM
10:30 AM		10:30 AM
10:45 AM	Mental Performance Wrap Up - Stephen Dubiensi	10:45 AM
11:00 AM	Yoga Iceplex	11:00 AM
11:15 AM		11:15 AM
11:30 AM		11:30 AM
11:45 AM		11:45 AM
12:00 PM		12:00 PM
12:15 PM		12:15 PM
12:30 PM	Lunch - Iceplex	12:30 PM
12:45 PM		12:45 PM
1:00 PM	Special Team Prep Group Meetings - Walk-Throughs / Video Group-1: PP1 & PP2 (Jeff & Wogie) Group-2: PK (Sobby & Dex)	1:00 PM
1:15 PM		1:15 PM
1:30 PM		1:30 PM
1:45 PM		1:45 PM
2:00 PM		2:00 PM
2:15 PM		2:15 PM
2:30 PM	Practice 2:40 to 3:40 Special Team	2:30 PM
2:45 PM		2:45 PM
3:00 PM		3:00 PM
3:15 PM		3:15 PM
3:30 PM		3:30 PM
3:45 PM		3:45 PM
4:00 PM	Cool-Down / Active Stretch	4:00 PM
4:15 PM	Iceplex	4:15 PM
4:30 PM	Light Dinner Iceplex	4:30 PM
4:45 PM		4:45 PM
5:00 PM		5:00 PM
5:15 PM		5:15 PM
5:30 PM	Final Skate Prep Tactical Group Meetings - Walk-Throughs / Video	5:30 PM
5:45 PM		5:45 PM
6:00 PM		6:00 PM
6:15 PM		6:15 PM
6:30 PM	Practice 6:30 - 8:00 pm Style Of Play & Situations	6:30 PM
6:45 PM		6:45 PM
7:00 PM		7:00 PM
7:15 PM		7:15 PM
7:30 PM		7:30 PM
7:45 PM		7:45 PM
8:00 PM		8:00 PM
8:15 PM		8:15 PM
8:30 PM	Final Meeting Iceplex	8:30 PM
8:45 PM		8:45 PM
9:00 PM		9:00 PM
9:15 PM		9:15 PM