



U-16 POE DEVELOPMENT

PREP CAMP - AUGUST 14-16, 2015

Wednesday, Aug 12

Goalies Only

11:15 AM	Arrival	Seven Oaks Sportsplex
6:00 PM	Pick-Up	Seven Oaks Sportsplex

Friday, Aug 14

10:15 AM	Opening Meeting	TBA
10:30 AM	Pre-ice meetings (split); Defense, Forwards, Goalies	
11:45 AM	Skills Practice (1 hr, split ice) Cool down	MTS Iceplex - WFP
1:30 PM	Lunch	Press Box Restaurant
1:45 PM	Free time, Coach Interviews	
2:30 PM	Tech Meeting	TBA
3:30 PM	Practice (1 hr) <i>Cool down</i>	MTS Iceplex - RRCO
TBA	Team Builder - Cook Off	
TBA	Dinner	
TBA	Pick-up	

Saturday, Aug 15

9:15 AM	Dynamic Warm-up	
9:45 AM	Fitness Testing	Focus Fitness*
11:00 AM	Player's Lounge, PR Interviews, Coach Interviews	Conf. Room & Press Box
12:00 PM	Lunch	Press Box Restaurant
12:30 PM	Tech Meeting	
1:15 PM	Practice (1hr) <i>Cool down</i>	MTS Iceplex - WFP
2:45 PM	Player's Lounge, PR Interviews, Coach Interviews <i>Snacks</i>	Conf. Room & Press Box
4:30 PM	Intra-Squad (1hr) <i>Cool down</i>	MTS Iceplex - WFP
6:10 PM	Post-game meal	Press Box Restaurant
6:40 PM	Pick-up	

Sunday, Aug 16

9:30 AM	Tech Meeting/Video Review	Conf. Room
11:00 AM	Practice (1 hr) Cool down	MTS Iceplex - WFP
12:30 PM	Lunch	Press Box Restaurant
2:15 PM	Intra-Squad (1hr) <i>Cool down</i> <i>Closing meeting</i>	MTS Iceplex - WFP
4:30 PM	Pick-up	

