

**Team Development Camp
August 12 to August 15. 2019**

| 08 Tier 1, 08 AAA and 07 Tier 1 | | 06 Tier 1 and 06 AAA | |
|--|----------------------------------|-----------------------------|----------------------------------|
| Jr. Monarchs | | Jr. Monarchs | |
| 8:25am-9:40am | On Ice | 8:55am-10:10am | On Ice |
| 9:40am-9:55am | Change | 10:10am-10:25am | Change |
| 9:55am-10:35am | Off Ice Training / Team Building | 10:25am-11:10am | Street Hockey/Stickhandling |
| 10:35am-10:45am | Snack | 11:10am-11:20am | Snack |
| 10:45am-11:35am | Street Hockey/Stickhandling | 11:20am-12:05pm | Off Ice Training / Team Building |
| 11:35am-12pm | Lunch | 12:05pm-12:30pm | Lunch |
| 12pm-12:20pm | Change | 12:30pm-12:50pm | Change |
| 12:20pm-1:35pm | On Ice | 12:50pm-2:05pm | On Ice |

All Players MUST sign in and out with group leader daily

All Players should be at the arena at least 25 minutes before 1st On Ice Session

ALL Players MUST be registered with USA Hockey prior to camp and signed Tri-Town Ice Arena Waiver

All players should bring to camp:

Sneakers *Extra stick for off-ice stick handling*

Shorts *All health concerns in writing*

Socks *Plenty of Fluids to hydrate!*

T- Shirt

Lunch, if not enrolled in the rink meal program

Snacks