



# NATIONAL ICE CENTRE 3-DAY JUNIOR ICE HOCKEY CAMP

## DAY 1 – 19<sup>th</sup> August 2024

## DAY 2 – 20<sup>th</sup> August 2024

## DAY 3 – 21<sup>st</sup> August 2024

TIME	ACTIVITY	LOCATION	TIME	ACTIVITY	LOCATION	TIME	ACTIVITY	LOCATION
08:15-08:30	<b>Arrival and Check-In</b>	Foyer	08:15-08:30	<b>Arrival and Check-In</b>	Foyer	08:15-08:30	<b>Arrival and Check-In</b>	Foyer
08:30-08:35	<b>Bag Drop + Change for Warm Up</b>	Changing Rooms	08:30-08:35	<b>Bag Drop + Change for Warm Up</b>	Changing Rooms	08:30-08:35	<b>Bag Drop + Change for Warm Up</b>	Changing Rooms
08:35-08:55	<b>Off Ice Warm Up</b>	CCM Rink	08:35-08:55	<b>Off Ice Warm Up</b>	CCM Rink	08:35-08:55	<b>Off Ice Warm Up</b>	CCM Rink
08:55-09:15	<b>Change for On Ice</b>	Changing Rooms	08:55-09:15	<b>Change for On Ice</b>	Changing Rooms	08:55-09:15	<b>Change for On Ice</b>	Changing Rooms
09:15-10:30	<b>On-Ice Session 1 (Skating)</b>	CCM Rink	09:15-10:30	<b>On-Ice Session 1 (Skating with Pucks)</b>	CCM Rink	09:15-10:30	<b>On-Ice Session 1 (Passing)</b>	CCM Rink
10:30-11:00	<b>Change</b>	Changing Rooms	10:30-11:00	<b>Change</b>	Changing Rooms	10:30-11:00	<b>Change + Recharge</b>	Changing Rooms
11:00-12:00	<b>Off-Ice – Stickhandling</b>	Concourse	11:00-12:15	<b>Off-Ice Session 1</b>	Concourse	11:00-12:15	<b>Off Ice – Agility + Fitness</b>	Concourse
12:00-13:00	<b>Lunch</b>	TBC	12:15-13:15	<b>Lunch</b>	TBC	12:15-13:15	<b>Lunch</b>	TBC
13:00-13:30	<b>Change</b>	Changing Rooms	13:15-13:45	<b>Off Ice Session 2</b>	Changing Rooms	13:15-13:30	<b>Skates On + Safety Briefing</b>	Skate Hire
13:30-15:00	<b>On Ice Session 2 – Puck Control</b>	Arena Pad	13:45-14:15	<b>Change for On-Ice</b>	CCM Rink	13:30-14:15	<b>Public Skating</b>	CCM Rink
15:00-15:30	<b>Change</b>	Changing Rooms	14:15-15:45	<b>On-Ice Session 2 - Shooting</b>	Arena Pad	14:15-14:45	<b>Change for On-Ice</b>	Changing Rooms
15:30	<b>Latest Collection</b>	Skate Hire	15:45-16:15	<b>Change</b>	Changing Rooms	14:45-16:15	<b>On-Ice Session 2 – Cross Ice!</b>	Arena Pad
			16:15	<b>Latest Collection</b>	Skate Hire	16:15-16:30	<b>Change</b>	Changing Rooms
						16:15-16:45	<b>End of Camp Presentation (Families Welcome!)</b>	Green Room
						16:45	<b>End of Camp</b>	