

Anchorage Camp

					Red Rink	Blue Rink
8:15 AM Check In Main Lobby					Red Rink	Blue Rink
8:30 AM - Equipment ON	8:20 AM Head to Off-Ice GYM					
8:45-9:45 AM -Power Skating	8:45-9:30 AM Off-Ice					Alacart - 9:00-10:00 AM Powerskating
9:45-10 - Equipment OFF	9:30-10:00 AM - Equipment ON					
10:00-10:45 AM Head to GYM -Off Ice	10:00-11:00 AM - Power Skating					
10:45-11:15 AM Equipment ON	11:00-11:15 AM - Equipment OFF					Alacart - 11:15-12:00 PM Speed & Skills - Puck Control/ protection/ stickhandling
11:15-12:15 PM - On-Ice Skill Stations	11:15-12:00 PM - Off Ice Compete					
12:15-12:30 PM Equipment OFF	12:15-12:45 PM - Lunch					12:00-1:00 PM Lunch Break
12:45-1:30 PM - Classroom					Alacart - 1:00-1:30PM Classroom	
1:45 - 2:30 PM - Off Ice Compete		1:30-2:00 PM - Equipment ON			Could be longer if good numbers	
2:30-3:00 PM - Equipment ON		2:00-3:00 PM - On-Ice Skill Stations			Alacart - 2:00-2:30 PM Position Specific	
3:00- 4:00 PM - On Ice Games		3:00-3:15 PM - Break			2:30-3:00 PM Compete Games	
		3:15-4:15 PM - On Ice Games				