

Anchorage Camp

								Red Rink
8:15 AM Check In Main Lobby								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				
11:15-12:15 PM - On-Ice Skill Stations				11:15-12:00 PM - Off Ice Compete				Alacart - 11:15-12:00 PM Speed & Skills - Puck Control/ protection/ stickhandling
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
				2:00-3:00 PM - On-Ice Skill Stations				Alacart - 2:00-2:30 PM Position Specific
2:30-3:00 PM - Equipment ON								2:30-3:00 PM Compete Games
3:00- 4:00 PM - On Ice Games				3:00-3:15 PM - Break				
				3:15-4:15 PM - On Ice Games				