



SG SUMMER CAMP STRUCTURE [GROUP 1]

Day 1 (Monday, July 20th)

Registration at CSA: 8:30-8:45am (warm room)

Overall camp talk: 8:45-9:00am (warm room)

On ice session #1: 9:15-10:15am

Break: 10:15-10:30am

On ice session #2: 10:30-11:20am

Lunch at CSA warm room: 11:30am-noon

Bus departs from CSA for Sir Admiral John's Adventure & Kenny's Pond: 12:15pm

Mini golf, Kenny's Pond jog/run/stretch & Cherry Hill Park: 12:30-4:00pm

Bus departs from Sir Admiral John's Adventure & Kenny's Pond for CSA: 4:00pm

Check out (Front Lobby): 4:30pm

Day 2 (Tuesday, July 21st)

Check in: 8:30am (With your group lead – dressing room)

Team Builder (2 Truth's and a Lie) at CSA warm room or dressing room: 9:00am – 9:30am

Walk to parking area outside rink for Saucer King Tournament: 9:30am

Saucer King Tournament: 9:45am-11:45am

Walk back to CSA: 11:50am

Lunch at CSA warm room: noon-12:45pm

Hockey Trivia / Be a GM of an NHL organization team builder: 12:45-1:45pm

On ice session #1: 2:15-3:15pm

Break: 3:15-3:30pm

On ice session #2: 3:30-4:20pm

Check out (Front Lobby): 4:30pm

Day 3 (Wednesday, July 22nd)

Check in: 8:30am (With your group lead – dressing room)

On ice session #1: 9:00-9:50am

Break: 9:50am-10:00am

On ice session #2: 10:00am-10:50am

Lunch at CSA warm room: 11:00am-11:45am

Off Ice workout (Plyometrics with Relay Races) CSA warm room noon-1pm

Presentation on “Mental Skills” by Brook Stacey in CSA warm room: 1:00pm-1:45pm

Bus departs from CSA for Plaza Bowl: 1:45pm

Plaza Bowl Arcade Party: 2:15-3:45pm

Bus departs from Plaza Bowl for CSA: 4:00pm

Check out (Front Lobby): 4:30pm

Day 4 (Thursday, July 23rd)

Check in: 8:30am (With your group lead – dressing room)

Bus from CSA for 8 Limb Muay Thai: 8:45am

8 Limb Muay Thai session: 9:00-10:30am

Bus back from 8 Limb Muay Thai for CSA: 10:45am

Lunch at CSA warm room: 11:00-11:30am

On ice session #1: 11:45am-1:00pm

Break: 1:00pm-1:15pm

On ice session #2: 1:15-2:05pm

Walk up to Turfs Up Indoor Soccer: 2:15pm

Sports Session at Turfs Up: 2:30-4:15pm

Check out (Front Lobby): 4:30pm

Day 5 (Friday, July 24th)

Check in: 8:30am (With your group lead – dressing room)

Ball hockey and/or hand hockey tournament: 9:00-11:00am

Lunch at CSA warm room: 11:00-11:30am

Bus departs from CSA for Frontline Action - Indoors: 11:30am

Laser Tag at Frontline Action – Indoor: 11:45am-1:15pm

Bus leaves Frontline – Indoor to head back to CSA: 1:15pm

On ice session #1: 2:15-3:15pm

Break: 3:15-3:30pm

On ice session #2: 3:30-4:20pm

Check out (Front Lobby): 4:30pm