



U9 ET CAMP STRUCTURE

Day 1 (Monday, August 11th)

Registration at Capital Subaru Arena: 8:30am – 8:45am (Warm room)

Overall camp talk: 8:45am – 9:00am (Warm room)

On ice session #1: 9:15am – 10:30am

Break: 10:30am-10:45am

On ice session #2: 10:45am-noon

Lunch: noon-12:30pm

Bus departs from Capital Subaru Arena for Sir Admiral John's Adventure & Kenny's Pond: 12:45pm

Mini golf & Kenny's Pond jog/run/stretch: 1:00pm – 4:00pm

Bus departs from Sir Admiral John's Adventure for Capital Subaru Arena: 4:00pm

Check out (Front Lobby): 4:30pm

Day 2 (Tuesday, August 12th)

Check in: 8:30am – 8:45am (With your group lead – dressing room)

On ice session #1: 9:15am – 10:30am

Break: 10:30am-10:45am

On ice session #2: 10:45am-noon

Lunch: noon-12:30pm

Bus departs from Capital Subaru Arena for Ryan Power Conditioning Inc: 12:45pm

Ryan Power Conditioning Inc Session: 1:15pm – 2:15pm

Walk over to Plaza Bowl: 2:15pm

Bowling: 2:30pm – 4:00pm

Bus departs from Plaza Bowl for Capital Subaru Arena: 4:00pm

Check out (Front Lobby): 4:30pm

Day 3 (Wednesday, August 13th)

Check in: 8:30am – 8:45am (With your group lead – dressing room)

On ice session #1: 9:15am – 10:30am

Break: 10:30am-10:45am

On ice session #2: 10:45pm-noon

Lunch: noon-12:45pm

Bus departs from Capital Subaru Arena to Frontline Action Indoor (Laser Tag): 1:00pm

Laser tag session: 1:30pm – 3:30pm

Bus departs from Frontline Action Indoor to Capital Subaru Arena: 4:00pm

Check out (Front Lobby): 4:30pm

Day 4 (Thursday, August 14th)

Check in: 8:30am – 8:45am (With your group lead – dressing room)

On ice session #1: 9:15am – 10:30am

Break: 10:30am-10:45am

On ice session #2: 10:45am-noon

Lunch: noon-12:30pm

Bus departs from Capital Subaru Arena to 8 Limb Muay Thai: 12:45pm

8 Limb Muay Thai session: 1:00pm – 2:00pm

Walk to Mundy Pond Park - Sports afternoon (soccer, soccer baseball, relay races, etc...) 2:15pm – 4:00pm

Bus heads back to Capital Subaru Arena: 4:00pm

Check out (Front Lobby): 4:30pm

Day 5 (Friday, August 15th)

Check in: 8:30am – 8:45am (With your group lead – dressing room)

On ice session #1: 9:15am – 10:30am

Break: 10:30am-10:45am

On ice session #2: 10:45pm-noon

Lunch: noon-12:30pm

Bus departs from Capital Subaru Arena for Swilers Rugby Club: 12:45pm

Rugby Session: 1:00 – 4:00pm

Bus departs from Swilers Rugby Club for Capital Subaru Arena: 4:00pm

Check out (Front Lobby): 4:30pm