



2024 U16 TOP 40 FEMALE SUMMER CAMP

Cardel Rec South - Calgary
Aug 9 - Aug 11, 2024



TIME	FRIDAY AUG 9		TIME	TIME	SATURDAY AUG 10		SUNDAY AUG 11		TIME
	Team Gold	Team Blue			Team Gold	Team Blue	Team Gold	Team Blue	
2:00 PM	Registration 2:00-2:30		2:00 PM						
2:15 PM			2:15 PM	7:30 AM					7:30 AM
2:30 PM			2:30 PM	7:45 AM					7:45 AM
2:45 PM			2:45 PM	8:00 AM					8:00 AM
3:00 PM	Welcome Meeting 2:45-3:45		3:00 PM	8:15 AM					8:15 AM
3:15 PM			3:15 PM	8:30 AM	ON-ICE SESSION #3 ARENA 4 8:15-9:15	Sprinting Barry Butt 8:15-9:00	ON-ICE SESSION #5 ARENA 4 8:15-9:15	Yoga Julie Ivey Cardel Court Gym 8:15-9:00	8:30 AM
3:30 PM			3:30 PM	8:45 AM					8:45 AM
3:45 PM			3:45 PM	9:00 AM					9:00 AM
4:00 PM			4:00 PM	9:15 AM					9:15 AM
4:15 PM			4:15 PM	9:30 AM					9:30 AM
4:30 PM			4:30 PM	9:45 AM	Sprinting Barry Butt 9:30-10:15	ON-ICE SESSION #3 ARENA 4 9:30-10:30	Yoga Julie Ivey Cardel Court Gym 9:30-10:15	ON-ICE SESSION #5 ARENA 4 9:30-10:30	9:45 AM
4:45 PM	ON-ICE SESSION ARENA 4 4:45-5:45	Mind/Physical Session Team Lead	4:45 PM	10:00 AM					10:00 AM
5:00 PM			5:00 PM	10:15 AM					10:15 AM
5:15 PM			5:15 PM	10:30 AM					10:30 AM
5:30 PM			5:30 PM	10:45 AM					10:45 AM
5:45 PM			5:45 PM	11:00 AM					11:00 AM
6:00 PM			6:00 PM	11:15 AM	ON-ICE SESSION #4 ARENA 4 10:45-11:45	Hockey IQ Mike McGinnis 10:45-11:30	LUNCH BREAK		11:15 AM
6:15 PM	Mind/Physical Session Team Lead	ON-ICE SESSION #1 ARENA 4 6:00-7:00	6:15 PM	11:30 AM		Snack			11:30 AM
6:30 PM			6:30 PM	11:45 AM	Snack				11:45 AM
6:45 PM			6:45 PM	12:00 PM				12:00 PM	
7:00 PM			7:00 PM	12:15 PM				12:15 PM	
7:15 PM			7:15 PM	12:30 PM	Hockey IQ Mike McGinnis 12:15-1:00	ON-ICE SESSION #4 ARENA 4 12:00-1:00		12:30 PM	
7:30 PM	ON-ICE SESSION #2 ARENA 4 7:15-8:15	Mental Session Perri Ford 7:15-8:00	7:30 PM	12:45 PM				12:45 PM	
7:45 PM			7:45 PM	1:00 PM				1:00 PM	
8:00 PM			8:00 PM	1:15 PM	Lunch Provided by HA		FINAL GAME 12:30PM-2:30PM		1:15 PM
8:15 PM			8:15 PM	1:30 PM					1:30 PM
8:30 PM			8:30 PM	1:45 PM					1:45 PM
8:45 PM			8:45 PM	2:00 PM					2:00 PM
9:00 PM			9:00 PM	2:15 PM	Cell phone/screen time and Performance 3:00pm Georgia Ens				2:15 PM
9:15 PM	Mental Session Perri Ford 8:45-9:30	ON-ICE SESSION #2 ARENA 4 8:30-9:30	9:15 PM	2:30 PM				2:30 PM	
9:30 PM			9:30 PM	2:45 PM				2:45 PM	