



Stable in the Net

Elite Foundations



Daily Schedule

Monday Aug. 19:

On-ice 745-845am / Off-Ice 9-10am

Tuesday Aug. 20:

On-ice 730-845am / Off-Ice 9-10am / Mental Prep 10-1030am

Wednesday Aug. 21:

On-ice 730-845am / Off-Ice 9-10am / Mental Prep 10-1030am

Thursday Aug. 22:

On-ice 730-845am / Off-Ice 9-10am / Mental Prep 10-1030am

Friday Aug. 23:

On-ice 730-845am / Off-Ice 9-10am

Notes

- Camp registration will be Monday between 7-730am.
- Ice and dryland will be at the Penhold Multiplex.
- If you have a jersey from a previous camp, you will be given \$10 credit towards our promotional gear.
- Proper gym wear will be necessary for all dryland sessions.
- If weather is poor, we will train inside the rink.
- Merchandise will be available for purchase throughout the week.