



Stable in the Net Prep Camp



Daily Schedule (Stars)

Tuesday Aug. 6: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm / Mental Prep 320-350pm

Wednesday Aug. 7: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm

Thursday Aug. 8: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm / Mental Prep 320-350pm

Friday Aug. 9: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm

Daily Schedule (Legends)

Tuesday Aug. 6: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm

Wednesday Aug. 7: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm / Mental Prep 320-350pm

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Notes

- Camp registration will be Tuesday 9-920am.
- 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.