



# **Stable in the Net** **Ultimate Elite Camp**



## **Daily Schedule**

### **Monday July 22:**

On-ice 8-9am / Mental Prep 930-10 / Dryland 1015-1115 / Lunch/Rest 1115-1230 / Compete games 1245-145 / Pilates 2-3pm / On-Ice 345-445

### **Tuesday July 23:**

On-ice 745-9am / Mental Prep 930-10 / Dryland 1015-1115 / Lunch/Rest 1115-1230 / Compete games 1245-145 / Pilates 2-3pm / On-Ice 345-445

### **Wednesday July 24:**

On-ice 745-9am / Mental Prep 930-10 / Dryland 1015-1115 / Lunch/Rest 1115-1230 / Compete games 1245-145 / Pilates 2-3pm / On-Ice 345-445

### **Thursday July 25:**

On-ice 8-9am / Mental Prep 930-10 / Dryland 1015-1115 / Lunch/Rest 1115-1230 / Compete games 1245-145 / Pilates 2-3pm / On-Ice 345-445

### **Friday July 26:**

On-ice 8-9am / Dryland 930-1030

## **Notes**

- Camp registration will be Monday between 715-745am.
- Ice and dryland will be at the Penhold Multiplex.
- Lunch will be provided. Snacks will also be available throughout the day. Feel free to bring your own as well.
- Proper gym wear will be necessary for all dryland & pilates sessions.
- If weather is poor, we will train inside the rink.
- Each goalie will receive an individualized jersey.

**This Camp will be physically and mentally taxing to prepare all goalies for upcoming seasons and Jr camps. It is designed to push each goalie to their highest potential!**