

# ELITE SUMMER GOALIE CAMP

WEDNESDAY, JUNE 14 - FRIDAY, JUNE 16

CULLEN HOCKEY CENTER, MOORHEAD, MN

Ages 9 - Adult

## 1/2 DAY SCHEDULE AS FOLLOWS: GROUP 1

<i>Time</i>	<i>Wednesday - Group 1</i>	<i>Time</i>	<i>Thursday - Group 1</i>	<i>Time</i>	<i>Friday - Group 1</i>
7:00 AM	Yoga - Group 1	7:00 AM	Yoga - Group 1	7:00 AM	Yoga - Group 1
8:00 AM	Get ready for on-ice	8:00 AM	Get ready for on-ice	8:00 AM	Get ready for on-ice
9:00 AM	On-Ice – Group 1	9:00 AM	On-Ice – Group 1	9:00 AM	On-Ice – Group 1
10:00 AM	Get undressed	10:00 AM	Get undressed	10:00 AM	Get undressed

## 1/2 DAY SCHEDULE AS FOLLOWS: GROUP 2

<i>Time</i>	<i>Wednesday - Group 2</i>	<i>Time</i>	<i>Thursday - Group 2</i>	<i>Time</i>	<i>Friday - Group 2</i>
8:15 AM	Yoga - Group 2	8:15 AM	Yoga - Group 2	8:15 AM	Yoga - Group 2
9:15 AM	Get ready for on-ice	9:15 AM	Get ready for on-ice	9:15 AM	Get ready for on-ice
10:15 AM	On-Ice - 1 hr - Group 2	10:15 AM	On-Ice - 1 hr - Group 2	10:15 AM	On-Ice - 1 hr - Group 2
11:15 AM	Get undressed	11:15 AM	Get undressed	11:15 AM	Get undressed

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## FULL DAY SCHEDULE: GROUP 1

<i>Time</i>	<i>Wednesday - Group 1</i>	<i>Time</i>	<i>Thursday - Group 1</i>	<i>Time</i>	<i>Friday - Group 1</i>
7:00 AM	Yoga - Group 1	7:00 AM	Yoga - Group 1	7:00 AM	Yoga - Group 1
8:00 AM	Get ready for on-ice	8:00 AM	Get ready for on-ice	8:00 AM	Get ready for on-ice
9:00 AM	On-Ice – Group 1	9:00 AM	On-Ice – Group 1	9:00 AM	On-Ice – Group 1
10:00 AM	Get undressed	10:00 AM	Get undressed	10:00 AM	Get undressed
10:30 AM	Chalk Talk - Group 1	10:30 AM	Chalk Talk - Group 1	10:30 AM	Chalk Talk - Group 1
11:30 AM	Lunch - Group 1	11:30 AM	Lunch - Group 1	11:30 AM	Lunch - Group 1
12:30 PM	Get ready for on-ice/ SHOOTERS ARRIVE	12:30 PM	Get ready for on-ice/ SHOOTERS ARRIVE	12:30 PM	Get ready for on-ice/ SHOOTERS ARRIVE
1:15 PM	On-Ice - 2 hrs - Group 1	1:15 PM	On-Ice - 2 hrs - Group 1	1:15 PM	On-Ice - 2 hrs - Group 1
3:15 PM	Get undressed	3:15 PM	Get undressed	3:15 PM	Get undressed
4:00 PM	Hand Eye - Group 1	4:00 PM	Hand Eye - Group 1	4:00 PM	Hand Eye - Group 1
5:00 PM	Done for Today	5:00 PM	Done for Today	5:00 PM	Done for Today
	Take Equipment Home		Take Equipment Home		Take Equipment Home

## FULL DAY SCHEDULE: GROUP 2

<i>Time</i>	<i>Wednesday - Group 2</i>	<i>Time</i>	<i>Thursday - Group 2</i>	<i>Time</i>	<i>Friday - Group 2</i>
8:15 AM	Yoga - Group 2	8:15 AM	Yoga - Group 2	8:15 AM	Yoga - Group 2
9:15 AM	Get ready for on-ice	9:15 AM	Get ready for on-ice	9:15 AM	Get ready for on-ice
10:15 AM	On-Ice - 1 hr - Group 2	10:15 AM	On-Ice - 1 hr - Group 2	10:15 AM	On-Ice - 1 hr - Group 2
11:15 AM	Get undressed	11:15 AM	Get undressed	11:15 AM	Get undressed & Over to Lunch
11:45 AM	Chalk Talk - Group 2	11:45 AM	Chalk Talk - Group 2	11:45 AM	Chalk Talk - Group 2
12:45 PM	Lunch - Group 2	12:45 PM	Lunch - Group 2	12:45 PM	Lunch - Group 2
1:45 PM	Hand Eye - Group 2	1:45 PM	Hand Eye - Group 2	1:45 PM	Hand Eye - Group 2
2:45 PM	Get ready for on-ice	2:45 PM	Get ready for on-ice	2:45 PM	Get ready for on-ice
3:45 PM	On-Ice - 2 hrs - Group 2	3:45 PM	On-Ice - 2 hrs - Group 2	3:45 PM	On-Ice - 2 hrs - Group 2
5:45 PM	Done for Today	5:45 PM	Done for Today	5:45 PM	Done for Today
	Take Equipment Home		Take Equipment Home		Take Equipment Home