

SHREVEPORT, LA - GOALIE CAMP

AUGUST 3-5, 2023

GEORGE'S POND ICE ARENA

3207 PERSHING BLVD., SHREVEPORT, LA

Ages 9 - Adult

1/2 DAY OPTION:

Half Day schedule as follows:

Time	AUGUST 3	Time	AUGUST 4	Time	AUGUST 5
6:00AM	Check-in				
8:15AM	Get Ready for Yoga	8:15AM	Get Ready for Yoga	8:15AM	Get Ready for Yoga
8:30AM	Yoga - 1 hr	8:30AM	Yoga - 1 hr	8:30AM	Yoga - 1 hr
9:30AM	Get ready for On-Ice	9:30AM	Get ready for On-Ice	9:30AM	Get ready for On-Ice
10:30AM	On-ice • 1hr 15 min	10:30AM	On-ice • 1hr 15 min	10:30AM	On-ice • 1hr 15 min
11:30AM	Done for Today	11:30AM	Done for Today	11:30AM	Done for Today

FULL DAY OPTION:

Full Day schedule as follows:

Time	AUGUST 3	Time	AUGUST 4	Time	AUGUST 5
6:00AM	Check-in				
8:15AM	Get Ready for Yoga	8:15AM	Get Ready for Yoga	8:15AM	Get Ready for Yoga
8:30AM	Yoga - 1 hr	8:30AM	Yoga - 1 hr	8:30AM	Yoga - 1 hr
9:30AM	Get ready for On-Ice	9:30AM	Get ready for On-Ice	9:30AM	Get ready for On-Ice
10:30AM	On-ice • 1hr 15 min	10:30AM	On-ice • 1 hr 15 min	10:30AM	On-ice • 1 hr 15 min
11:30AM	Get undressed	11:30AM	Get undressed	11:30AM	Get undressed
12:00	Go to lunch	12:00	Go to lunch	12:00	Go to lunch
1:00PM	Off-ice Training - 1 hr	1:00PM	Off-ice Training - 1 hr	1:00 PM	Off-ice Training - 1 hr
2:00 PM	Get ready for On-ice	2:00 PM	Get ready for On-ice	2:00 PM	Get ready for on-ice
3:00PM	On-Ice • 2 hrs 15 min	3:00PM	On-Ice • 2 hrs 15 min	3:00 PM	On-Ice • 2 hrs 15 min
5:15 PM	Get Undressed	5:15 PM	Get Undressed	5:15 PM	Get Undressed
5:45 PM	Chalk Talk - 1 hr 30 min	5:45 PM	Chalk Talk - 1 hr 30 min	5:45 PM	Chalk Talk - 1 hr 30 min
7:15 PM	Done for Today	7:15 PM	Done for Today	7:15 PM	Done for Today