

Female U18 Program of Excellence

Top - 40 Camp

July 4 - 6, 2024

Scotiabank hockey for all centre



July 4th		GAME #	TEAM	TEAM	LOCATION
10:15am	75 min	Fitness Testing	U18	Black & Goalies	Sport for Life Centre
11:45am	15 min	Meeting	U18	Black & Goalies	Sport for Life Centre
12:15pm	75 min	Fitness Testing	U18	White N/A	Sport for Life Centre
2:00pm	60 min	Goalie Session	U18	Goalies N/A	hfac - MBT
3:15pm	75 min	Practice	U18	Black N/A	hfac - MBT
4:45pm	30 min	Meal	U18	Black N/A	hfac- MBT
4:45pm	75 min	Practice	U18	White N/A	hfac - MBT
6:15pm	30 min	Meal	U18	White N/A	hfac - MBT
7:15pm	30 min	Meeting	U18	Black White	hfac - Conference Room
July 5th		GAME #	TEAM	TEAM	LOCATION
9:00 am	90 min	Team Building	U18	Black White	Thunder Rapids Amusement Park
11:00am	30 min	Meeting	U18	Black White	hfac - Conference Room
12:00pm	75 min	Practice	U18	White N/A	hfac - MBT
1:30pm	75 min	Practice	U18	Black N/A	hfac - MBT
5:00pm	120 min	Game	U18	Black White	hfac - MBT
7:00pm	30 min	Meal	U18	Black White	hfac - MBT
July 6th		GAME #	TEAM	TEAM	LOCATION
9:00am	60 min	Practice	U18	Black N/A	hfac - FLYNN
10:15am	60 min	Practice	U18	White N/A	hfac - FLYNN
2:00pm	120 min	Game	U18	Black White	hfac - FLYNN

BUILT TO FIT