



Stable in the Net **Elite Foundations**



Daily Schedule (Warriors)

Monday Aug. 17:

On-ice 8-915am / Off-Ice 930-1030am

Tuesday Aug. 18:

On-ice 8-915am / Off-Ice 930-1030am / Mental
Prep 1030-1050am

Wednesday Aug. 19:

On-ice 8-915am / Off-Ice 930-1030am / Mental
Prep 1030-1050am

Thursday Aug. 20:

On-ice 8-915am / Off-Ice 930-1030am / Mental
Prep 1030-1050am

Friday Aug. 21:

On-ice 8-915am / Off-Ice 930-1030am

Daily Schedule (Soldiers)

Monday Aug. 17:

Off-ice 915-1015am / On-Ice 1115-1230pm

Tuesday Aug. 18:

Off-ice 915-1015am / Mental Prep 1030-1050am
On-Ice 1115-1230pm

Wednesday Aug. 19:

Off-ice 915-1015am / Mental Prep 1030-1050am
On-Ice 1115-1230pm

Thursday Aug. 20:

Off-ice 915-1015am / Mental Prep 1030-1050am
On-Ice 1115-1230pm

Friday Aug. 21:

Off-ice 915-1015am / On-Ice 1115-1230pm

Notes

- Camp registration will be open after 7am for the Warriors and 845am for the Soldiers.
- Ice and dryland will be at the Penhold Multiplex.
- Every goalie will receive a limited edition jersey to wear at the camp and to keep.
- 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.