



Stable in the Net

Ultimate Elite Camp



Daily Schedule

Monday July 20:

On-ice 8-9am / Dryland 930-1030 / Vizual Edge Presentation 1030-1130 / Lunch/Rest 1130-1230 / Compete games 1245-145 / Pilates 2-3pm / On-Ice 345-445

Tuesday July 21:

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

Wednesday 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

Thursday July 23:

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 24:

On-ice 8-9am / Spike Ball Championships

Notes

- Camp registration will be Monday be open after 715am Monday morning.
- 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!