



Stable in the Net **Prep Camp**



Daily Schedule (Stars)

Tuesday Aug. 4: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm

Wednesday Aug. 5: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm / Mental Prep 330-350pm

Thursday Aug. 6: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm

Friday Aug. 7: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm / Mental Prep 330-350pm

Daily Schedule (Legends)

Tuesday Aug. 4: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm / Mental Prep 330-350pm

Wednesday Aug. 5: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm

Thursday Aug. 6: Off-ice 930-1030am / On-Ice 11-12pm / Lunch/snack / Pilates 1245-145pm / On-Ice 215-315pm / Mental Prep 330-350pm

Friday Aug. 7: On-Ice 945-1045am / Off-Ice 11-12pm / Lunch/snack / On-Ice 1-2pm / Pilates 215-315pm

Notes

- Camp registration will be Tuesday 9-920am.
- Ice and dryland will be at the Penhold Multiplex.
- Everyone will receive a limited edition jersey for the camp that they will be able to keep.
- Proper gym wear will be necessary for all dryland sessions.
- Please bring your own lunch or snacks each day.
- Merchandise will be available for purchase throughout the week.