



## 2010 Summer Development Camp

July 11<sup>th</sup> - 15<sup>th</sup>, 2011: Twin Rinks St. John's, NL

### Group #2 Schedule

5:00pm - 6:00pm: **On ice session #1**

6:00pm - 6:15pm: **Change/Hang hockey equipment in Dressing Room**

6:15pm - 7:15pm: **Dryland Training Session**

7:15pm - 8:15pm: **Yoga Session (Days 1,3 and 5)/Classroom (Days 2 and 4)**

8:15pm - 8:40pm: **Break (Light snack/Gatorade provided)**

9:00pm - 10:00pm: **On-ice session #2**

Please ensure that you bring:

- Full goalie equipment
- Extra change of hockey under clothes and socks
- Gym clothes (t-shirt/shorts/running shoes)
- Water Bottle with your name on it
- Exercise (yoga) mat

Students are expected to be on time for ALL sessions.

\*The students will be supervised from 4:30pm until 10pm.