



# Elite Camp 2019



## Daily Activities Schedule

Monday July 29	Tuesday July 30	Wednesday July 31	Thursday Aug 1	Friday Aug 2
1:30pm-2:30pm <b>Check in</b>	2:15pm arrival	2:15pm arrival	2:15pm arrival	2:15pm arrival
2:35pm-3:45pm <b>Video</b>	2:30pm-3:45pm <b>Video</b>	2:30pm-3:45pm <b>Video</b>	2:30pm-3:45pm <b>Video</b>	2:30pm-3:45pm <b>Video</b>
3:45pm-4:15pm (Dress)	3:45pm-4:15pm (Dress)	3:45pm-4:15pm (Dress)	3:45pm-4:15pm (Dress)	3:45pm-4:15pm (Dress)
4:15pm-6:15pm <b>ON-ICE</b>	4:15pm-6:15pm <b>ON-ICE</b>	4:15pm-6:15pm <b>ON-ICE</b>	4:15pm-6:15pm <b>ON-ICE</b>	4:15pm-6:15pm <b>ON-ICE</b>
6:15pm-6:30pm (change / snack)	6:15pm-6:30pm (change / snack)	6:15pm-6:30pm (change / snack)	6:15pm-6:30pm (change / snack)	6:15pm-6:30pm (change / snack)
6:30pm-8:30pm <b>OFF-ICE</b>	6:30pm-8:30pm <b>OFF-ICE</b>	6:30pm-8:30pm <b>OFF-ICE</b>	6:30pm-8:30pm <b>OFF-ICE</b>	6:30pm-8:30pm <b>OFF-ICE</b>
8:30pm pick up	8:30pm pick up	8:30pm pick up	8:30pm pick up	8:30pm pick up

## Extra items that you should bring



Dryland workout gear



Extra Change of t-shirts



Good pair of Sneakers



Water Bottle for off-ice



Extra pair of socks



Dryland towel