



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 Check in	2:15pm arrival	2:15pm arrival	2:15pm arrival	2:15pm arrival
2:35pm-3:45pm Video	2:30pm-3:45pm Video	2:30pm-3:45pm Video	2:30pm-3:45pm Video	2:30pm-3:45pm Video
3:45pm-4:15pm (Dress)				
4:15pm-6:15pm ON-ICE				
6:15pm-6:30pm (change / snack)				
6:30pm-8:30pm OFF-ICE				
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