

U16 Female				
Date	Time	Event	Group	Location
Sunday July 21	1:15-1:45 p.m.	Registration	All	Joy Kidd House
	2:00-2:30 p.m.	Orientation (parents & players)	All	Marshall D'Avary 143
	3:30-4:50 p.m.	Practice	Blue	AUC
	5:00-6:20 p.m.	Practice	Red	AUC
	5:30-6:00 p.m.	Supper	Blue	McConnell Hall
	6:45-7:15 p.m.	Supper	Red	McConnell Hall
	8:00-9:00 p.m.	Fitness Testing	All	SPC
	9:45 p.m.	Team Meeting	All	Residence
	10:00 p.m.	Lights Out	All	Residence
Monday July 22	6:45-7:15 a.m.	Breakfast	Red	McConnell Hall
	8:00-9:10 a.m.	Practice	Red	AUC
	8:00-8:30 a.m.	Breakfast	Blue	McConnell Hall
	9:20-10:30 a.m.	Practice	Blue	AUC
	10:40-11:40 a.m.	Goalie Session	all goalies	AUC
	12:00-12:30 p.m.	Lunch	All	McConnell Hall
	2:00-3:00 p.m.	Fitness Testing Part 2	All	SPC
	4:00-4:30 p.m.	Supper	Blue	McConnell Hall
	5:00-6:00 p.m.	Skills Session - Hockey Canada	Red	AUC
	6:45-7:15 p.m.	Supper	Red	McConnell Hall
	6:10-7:10 p.m.E3	Skills Session - Hockey Canada	Blue	AUC
	9:00 p.m.	Team Meeting	All	Residence
10:00 p.m.	Lights Out	All	Residence	
Tuesday July 23	7:30-8:30 a.m.	Practice-HNB Testing	Blue	AUC
	9:00-9:30 a.m.	Breakfast	Blue	McConnell Hall
	7:30-8:00 a.m.	Breakfast	Red	McConnell Hall
	8:40-9:40 a.m.	Practice-HNB Testing	Red	AUC
	10:15-11:15 a.m.	Team Builder	All	TBD
	11:45-12:15 p.m.	Lunch	Red	McConnell Hall
	12:15-1:00 p.m.	Practice	Blue	AUC
	1:10-1:55 p.m.	Practice	Red	AUC
	1:30-2:00 p.m.	Lunch	Blue	AUC
	2:45-3:45 p.m.	Presentation - Mental Prep	All	Tilley 102
	4:00-4:30 p.m.	Supper	All	McConnell Hall
	6:15-8:00 p.m.	Game	All	AUC
	9:00 p.m.	Team Meeting	All	Residence
10:00 p.m.	Lights Out	All	Residence	
Wednesday July 24	7:45-8:15 a.m.	Breakfast	Red	McConnell Hall
	9:00-10:00 a.m.	Practice	Red	AUC
	9:00-9:30 a.m.	Breakfast	Blue	McConnell Hall
	10:10-11:10 a.m.	Practice	Blue	AUC
	11:30-12:30 p.m.	Presentation - Nutrition	All	Tilley Hall 102
	12:45-1:15 p.m.	Lunch	All	McConnell Hall
	1:30-2:30 p.m.	Yoga	All	Curie Center
	4:00-4:30 p.m.	Supper	All	McConnell Hall
	6:00-7:45 p.m.	Game	All	AUC
	9:00 p.m.	Team Meeting	All	Residence
10:00 p.m.	Lights Out	All	Residence	
Thur July 25	7:30-8:00 a.m.	Breakfast	All	McConnell Hall
	9:00-10:45 a.m.	Game	All	AUC
	11:00-11:15 a.m.	Team Meeting	All	AUC
	11:30-12:00 p.m.	Pack-up & Clean	All	Residence
	12:00 p.m.	Departure	All	Residence