

U16 Male				
Date	Time	Event	Group	Location
Wednesday July 31	1:30-2:30 p.m.	Registration	All	Neville Jones House
	2:15-2:45 p.m.	Orientation (parents & players)	All	Marshall D'Avary 143
	3:00-4:00 p.m.	Fitness Testing (Part 1)	All	SPC
	5:00-5:30 p.m.	Supper	All	McConnell Hall
	6:30-7:50 p.m.	Practice	White	Aitken Center
	8:00-9:20 p.m.	Practice	Yellow	Aitken Center
	9:45 p.m.	Team Meeting	All	Residence
	10:00 p.m.	Lights Out	All	Residence
Thursday August 1	8:30-9:00 a.m.	Breakfast	All	McConnell Hall
	9:30-10:00 a.m.	Fitness Testing (Part 2)	White	SPC
	10:00-10:30 a.m.	Fitness Testing (Part 2)	Yellow	SPC
	10:40-11:40 a.m.	Goalie Session	All	Aitken Center
	11:30-12:00 p.m.	Lunch	Yellow	McConnell Hall
	11:50-1:00 p.m.	Practice	White	Aitken Center
	1:10-2:20 p.m.	Practice	Yellow	Aitken Center
	1:30-2:00 p.m.	Lunch	White	McConnell Hall
	2:45-3:45 p.m.	Presentation - Mental Prep	All	Marshall D'Avary 143
	6:00-6:30 p.m.	Supper	All	McConnell Hall
	7:20-8:20 p.m.	Skills Session - Hockey Canada	White	Aitken Center
	8:30-9:30 p.m.	Skills Session - Hockey Canada	Yellow	Aitken Center
	10:30 p.m.	Team Meeting	All	Residence
10:45 p.m.	Lights Out	All	Residence	
Friday August 2	8:30-9:00 a.m.	Breakfast	Yellow	McConnell Hall
	9:30-10:00 a.m.	Breakfast	White	McConnell Hall
	9:50-10:50 a.m.	Practice - HNB Testing	Yellow	Aitken Center
	11:00-12:00 p.m.	Practice - HNB Testing	White	Aitken Center
	11:30-12:00 p.m.	Lunch	Yellow	McConnell Hall
	12:30-1:00 p.m.	Lunch	White	McConnell Hall
	2:05-2:50 p.m.	Practice	Yellow	Aitken Center
	3:00-3:45 p.m.	Practice	White	Aitken Center
	4:30-5:30 p.m.	Presentation - Nutrition	All	Marshall D'Avary 143
	5:30-6:00 p.m.	Supper	All	McConnell Hall
	8:15-9:45 p.m.	Game	All	Aitken Center
	10:15 p.m.	Team Meeting	All	Residence
	10:30 p.m.	Lights Out	All	Residence
Saturday August 3	8:30-9:00 a.m.	Breakfast	All	McConnell Hall
	9:15-10:15 a.m.	Presentation - Hockey Options	All	Tilley 102
	11:15-11:45 a.m.	Lunch	Yellow	McConnell Hall
	11:20-12:20 p.m.	Practice	White	Aitken Center
	12:30-1:30 p.m.	Practice	Yellow	Aitken Center
	12:45-1:15 p.m.	Lunch	White	McConnell Hall
	2:30-3:30 p.m.	Yoga	All	Currie Center
	3:30-5:00 p.m.	Rest/Film session	White	TBD
	5:00-5:30 p.m.	Supper	All	McConnell Hall
	8:00-9:30 p.m.	Game	All	Aitken Center
	10:15 p.m.	Team Meeting	All	Residence
10:30 p.m.	Lights Out	All	Residence	
Sun Aug 4	8:30-9:00 a.m.	Breakfast	All	McConnell Hall
	9:00-10:00 a.m.	Pack-up & Clean	All	Residence
	11:00-12:45 p.m.	Game	All	Aitken Center
	1:00 p.m.	Team Meeting	All	Aitken Center
	1:30 p.m.	Departure	All	Aitken Center