



2013 U15 Female HPP Provincial Camp
August 8-13, 2013 - Gander, NL



Thursday, August 8 --> 6:00 PM Equipment Drop Off at Arena - 7:00 PM Orientation Arts & Culture Centre

Time	Friday, August 9	Saturday, August 10	Sunday, August 11	Monday, August 12	Tuesday, August 13
7:45	Breakfast for Teams W & R	Breakfast for Teams R & N	Breakfast for Teams W & N	Breakfast for Teams W & Y	Breakfast for Teams R & Y
8:15	Teams W & R Depart Hotel Breakfast for Teams N & Y	Teams R & N Depart Hotel Breakfast for Teams W & Y	Teams W & N Depart Hotel Breakfast for Teams R & Y	Teams W & Y Depart Hotel Breakfast for Teams R & N	Teams R & Y Depart Hotel Breakfast for Teams W & N
9:00 to 10:30	Teams W & R On Ice 1.5 Hrs Skating and Puck Control	Teams R & N On Ice 1.5 Hrs Battle Drills	Teams W & N On Ice 1.5 Hrs D-Zone	Teams W & Y On Ice 1.5 Hrs Fore Check	Game R vs Y 1.25 Hrs
9:00	Teams N & Y Depart Hotel	Teams W & Y Depart Hotel	Teams R & Y Depart Hotel	Teams R & N Depart Hotel	Teams W & N Pack/Check Out
9:15	Teams N & Y Off Ice Trust Walk	Teams W & Y Off Ice D-Zone Walk Through	Teams R & Y Off ice Fore Check Walk Through	Teams R & N Off Ice Team Play	10:40-12:10 Game W vs N Teams R & Y Pack/Check Out
10:15	Teams N & Y Snack and Get dressed for Ice	Teams W & Y Snack and Get dressed for Ice	Teams R & Y Snack and Get dressed for Ice	Teams R & N Snack and Get dressed for Ice	
10:45	Teams N & Y On Ice 1.5 Hrs Teams W & R Off Ice- Trust Walk	Teams W & Y On Ice Teams R&N Off Ice D-Zone Walk Through	Teams R & Y On Ice Teams W&N Off Ice Fore Check Walk Through	Teams R & N 1.5 Hrs Teams W & Y Off Ice	
12:00-12:30	Lunch for Teams W & R	Lunch for Teams R & N	Lunch for Teams W & N	Lunch for Teams W & Y	
12:15-12:45	Goalie Sessions	Goalie Sessions	Goalie Sessions	Goalie Sessions	Wrap Up at Rink
12:00-1:00	Lunch for Teams N & Y	Lunch for Teams W & Y	Lunch for Teams R & Y	Lunch for Teams R & N	
1:00	Fitness Testing W & R	Fitness Presentation (All Players)	Activities (Sara & Nick)	Team Activity	
2:30	Snack for Teams W & R	Snack for Teams R & N	Snack for Teams W & N	Snack for Teams W & Y	
2:30-4:00	Fitness Testing N & Y	Down Time Teams W & Y		Down Time Teams R & N	
4:30	Supper Team N&Y	Supper for Teams W & Y	Supper for Teams R & Y	Supper for Teams R & N	
4:30 - 5:45	Game - W vs R	Game R vs N	Game - W vs N	Game - W vs Y	
6:00	Game - N vs Y	Game - W vs Y	Game - R vs Y	Game - R vs N	
6:30	Supper for Teams W & R	Supper for Teams R & N	Supper for Teams W & N	Supper for Teams W & Y	
7:30	Snack for Teams N & Y	Snack for Teams W and Y	Snack for Teams R & Y	Snack for Teams R & N	
7:45	Depart for Hotel	Depart for Hotel	Depart for Hotel	Depart for Hotel	
8:00	Recreation & Interviews	Recreation & Interviews	Recreation & Interviews	Recreation & Interviews	
10:00	Curfew in Rooms	Curfew in Rooms	Curfew in Rooms	Curfew in Rooms	
10:15	Lights Out	Lights Out	Lights Out	Lights Out	

TEAM W = TEAM WHITE

TEAM R = TEAM RED

TEAM N = NAVY

TEAM Y = YELLOW