



2013 Under 17 Female Provincial Camp Schedule
August 8 - 13, 2013 - Gander , NL



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

Times	Friday August 9	Saturday August 10	Sunday August 11	Monday August 12	Tuesday August 13	
8:30	Breakfast	Breakfast	Breakfast	Breakfast	8:15	Breakfast
9:00	Fitness Testing (All Players)	Off-ice Presentation (Colleen Childs) At Hotel	Off-ice Presentation At hotel	Off-ice Presentation At hotel	9:00	Pack and checkout
11:15		Depart for Rink	Depart for Rink	Depart for Rink	10:30	Depart for Rink
11:45-12:15	Lunch	Lunch	Lunch	Lunch		
12:15-12:45	Goalie Sessions	Goalie Sessions	Goalie Sessions	Goalie Sessions	12:15 -1:45	Game 5
1:00 -2:30	On-ice (All Players)	Fitness Presentation	On-ice (All Players)	On-ice (All Players)		
2:15 - 2:30	Flood/Break	Flood/Break	Flood/Break	Flood/Break		
2:45 - 4:00	On-ice (All Players)	On-ice (All Players)	On-ice (All Players)	On-ice (All Players)		
4:00 - 5:00	Cool Down	Cool Down	Cool Down	Cool Down		
5:00-5:30	Supper	Supper	Supper	Supper		
5:30-7:30	Pepeare for Game	Pepeare for Game	Pepeare for Game	Pepeare for Game		
7:30-9:00	Game # 1	Game # 2	Game # 3	Game # 4		
9:00-9:30	Cool Down	Cool Down	Cool Down	Cool Down		
9:30	Depart for Hotel	Depart for Hotel	Depart for Hotel	Depart for Hotel		
10:00	Quiet Time	Quiet Time	Quiet time	Quiet Time		
10:30	Curfew in Rooms/Light Outs	Curfew in Rooms/Light Outs	Curfew in Rooms/Light Outs	Curfew in Rooms/Light Outs		