

2001's Residential Camp Daily Itinerary

Tuesday, June 19, 2012

11:00 AM Player Check In Benedictine
 12:00 PM Parents Drop Player & Equipment off at 7B
 12:30 PM In Locker Room
 1:00 PM ON ICE Skills/Small Area NHL
 2:10 PM Off Ice
 2:30 PM Soccer on Turf
 3:30 PM Velocity Off Ice Training
 4:30 PM In Locker Room
 5:00 PM ON ICE Intersquad Game NHL Sheet
 6:05 PM Off Ice
 6:15 PM Bus Departure to Benedictine
 6:30 PM Dinner in Cafeteria
 7:00 PM Group Activity
 8:00 PM Dorm Chill TV Time
 9:00 PM Lights Out

Wednesday, June 20, 2012

6:30 AM Wake Up Call
 6:45 AM Breakfast in Cafeteria
 7:15 AM Bus Departure to 7B
 7:40 AM Video Review
 8:10 AM In Locker Room
 8:35 AM ON ICE Skills/Small Area OLY
 9:50 AM Off Ice
 10:00 AM Soccer on Turf
 11:15 AM Lunch at 7B
 12:00 PM Rest
 12:30 PM In Locker Room
 1:00 PM ON ICE Team Play & Systems NHL
 2:10 PM Off Ice
 2:30 PM Snack /Video
 3:30 PM Velocity Off Ice Training
 4:30 PM In Locker Room
 5:00 PM ON ICE Intersquad Game NHL Sheet
 6:05 PM Off Ice
 6:15 PM Bus Departure to Benedictine
 6:30 PM Dinner in Cafeteria
 7:00 PM Group Activity
 8:00 PM Dorm Chill TV Time
 9:00 PM Lights Out

Thursday, June 21, 2012

6:30 AM Wake Up Call
 6:45 AM Breakfast in Cafeteria
 7:15 AM Bus Departure to 7B
 7:40 AM Video Review
 8:10 AM In Locker Room
 8:35 AM ON ICE Skills/Small Area OLY
 9:50 AM Off Ice
 10:00 AM Soccer on Turf
 11:15 AM Lunch at 7B
 12:00 PM Rest
 12:30 PM In Locker Room
 1:00 PM ON ICE Team Play & Systems NHL
 2:10 PM Off Ice
 2:30 PM Snack /Video
 3:30 PM Velocity Off Ice Training
 4:30 PM In Locker Room
 5:00 PM ON ICE Intersquad Game NHL Sheet
 6:05 PM Off Ice
 6:15 PM Bus Departure to Benedictine
 6:30 PM Dinner in Cafeteria
 7:00 PM Group Activity
 8:00 PM Dorm Chill TV Time
 9:00 PM Lights Out

College Coaches

Friday, June 22, 2012

7:00 AM Wake Up Call
 7:30 AM Breakfast in Cafeteria
 8:30 AM Bus Departure to 7B
 9:00 AM In Locker Room
 9:30 AM ON ICE College Coaches NHL
 10:50 AM Off Ice
 11:15 AM Lunch at 7B
 12:15 PM Velocity Off Ice Training
 1:15 PM Soccer on Turf
 2:00 PM College Coaches Seminar (Parents)
 2:30 PM Snack/Rest
 3:30 PM Video Session
 4:30 PM In Locker Room
 5:00 PM ON ICE College Coaches NHL
 6:20 PM Off Ice
 6:30 PM Bus Departure to Benedictine
 6:45 PM Dinner in Cafeteria
 7:30 PM Dorm Chill TV Time
 9:00 PM Lights Out

Saturday, June 23, 2012

7:00 AM Wake Up Call - Pack Up Everything
 7:30 AM Breakfast in Cafeteria
 8:00 AM Player Check Out Benedictine
 8:30 AM Bus Departure to 7B
 9:00 AM In Locker Room
 9:30 AM ON ICE College Coaches NHL
 10:50 AM Off Ice
 11:00 AM Player Pick Up

