Prep Camp Daily Schedule

	Day 1	Day 2		Day 3		Day 4		Day 5		Day 6		Day 7
		Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	Breakfast 7:00	
8:00		**GROUP 1** On-Ice MAGNESS	**GROUP 2** Speed Session Varisty Wt Room	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Speed Session Varisty Wt Room	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Speed Session Varisty Wt Room	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Speed Session Varisty Wt Room	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Speed Session Varisty Wt Room	
8:30												
9:00		8:15-9:45	8:15-9:30	8:15-9:45	8:15-9:30	8:15-9:45	8:15-9:30	8:15-9:45	8:15-9:30	8:15-9:45	8:15-9:30	**GROUP 2** GAME **Magness** 9:00-10:15
9:30		**GROUP 1** Speed Session Varsity Wt Room	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Speed Session Varsity Wt Room	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Speed Session Varsity Wt Room	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Speed Session Varsity Wt Room	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Speed Session Varsity Wt Room	**GROUP 2** On-Ice MAGNESS	
10:00												
10:30		10:15-11:30	10:00-11:30	10:15-11:30	10:00-11:30	10:15-11:30	10:00-11:30	10:15-11:30	10:00-11:30	10:15-11:30	10:00-11:30	**GROUP 1** GAME **Magness** 10:30-11:45
11:00												
11:30		Lunch 11:45	Lunch 12 noon	Lunch 11:45	Lunch 12 noon	Lunch 11:45	Lunch 12 noon	Lunch 11:45	Lunch 12 noon	Lunch 11:45	Lunch 12 noon	
12:00pm												
12:30												
1:00		**GROUP 1** On-Ice MAGNESS	**GROUP 2** Weight Training Varsity Wt Rm	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Weight Training Varsity Wt Rm	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Weight Training Varsity Wt Rm	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Weight Training Varsity Wt Rm	**GROUP 1** On-Ice MAGNESS	**GROUP 2** Weight Training Varsity Wt Rm	
1:30												
2:00		1:15-2:45	1:30-2:45	1:15-2:45	1:30-2:45	1:15-2:45	1:30-2:45	1:15-2:45	1:30-2:45	1:15-2:45	1:30-2:45	
2:30												
3:00		**GROUP 1** Weight Training Varsity Wt Rm	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Weight Training Varsity Wt Rm	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Weight Training Varsity Wt Rm	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Weight Training Varsity Wt Rm	**GROUP 2** On-Ice MAGNESS	**GROUP 1** Weight Training Varsity Wt Rm	**GROUP 2** On-Ice MAGNESS	
3:30												
4:00		3:15-4:30	3:00-4:30	3:15-4:30	3:00-4:30	3:15-4:30	3:00-4:30	3:15-4:30	3:00-4:30	3:15-4:30	3:00-4:30	
4:30												
5:00pm		**GROUP 1** Chalk Talk 4:45-5:45	**GROUP 2** Chalk Talk 4:45-5:45	**GROUP 1** Chalk Talk 4:45-5:45	**GROUP 2** Chalk Talk 4:45-5:45	**GROUP 1** Chalk Talk 4:45-5:45	**GROUP 2** Chalk Talk 4:45-5:45	**GROUP 1** Chalk Talk 4:45-5:45	**GROUP 2** Chalk Talk 4:45-5:45	**GROUP 1** Chalk Talk 4:45-5:45	**GROUP 2** Chalk Talk 4:45-5:45	
5:30												
6:00		Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	Dinner 5:45	
6:30	**Eval Skate 1 6:30 - 7:30 Day Campers**											
7:00		**GROUP 1** Specialty Ice 7:15-8:15 Magness		**Group 1** GAME 7:15-8:15 Magness		**Goalies & D** Specialty Ice 7:15-8:15 Magness			**Group 2** GAME 7:15-8:15 Magness	**All FW's** Specialty Ice 7:15-8:15 Magness		
7:30												
8:00	**Eval Skate 2 7:45-8:45 Resident Campers**											
8:30			**GROUP 2** Specialty Ice 8:30-9:30 Magness		**Group 2** Game 8:30-9:30 Magness		**All FW's** Specialty Ice 8:30-9:30 Magness	**Group 1** Game 8:30-9:30 Magness			**Goalies & D** Specialty Ice 8:30-9:30 Magness	
9:00												