

2024 USJDSP Junior Prep Camp Schedule - Week 1: June 17-23

		Day 1 June 17			Day 2 June 18			Day 3 June 19			Day 4 June 20			Day 5 June 21			Day 6 June 22			Day 7 June 23				
8:00am		7:00	Breakfast	7:30	7:00	Breakfast	7:15	7:30																
		Group 1 On-Ice Robson Arena	Group 2 Speed Session		Group 1 On-Ice Robson Arena	Group 2 Speed Session		Chalk Talk Chapman Room	Group 1 On-Ice Robson Arena	Group 2 Speed Session		Chalk Talk Chapman Room	Group 1 On-Ice Robson Arena	Group 2 Speed Session		Chalk Talk Chapman Room	Group 1 On-Ice Robson Arena	Group 2 Speed Session		Chalk Talk Chapman Room	Group 1 On-Ice Robson Arena	Group 2 Speed Session		Group 3 Game 8:00-9:15
8:30		8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30	8:00-9:30	8:00-9:15	8:30-9:30		Group 2 Game 9:30-10:45
9:00																								
9:30		Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session	Group 1 Weight Training	Group 2 On-Ice Robson Arena	Group 3 Speed Session		Group 1 Game 11:00-12:15
10:00		10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00	10:00-11:15	9:45-11:15	9:45-11:00		
10:30																								
11:00		Lunch 11:45am	Lunch 11:45am	Group 3 On-Ice Robson Arena																				
11:30				11:30-1:00pm																				
12:00pm																								
12:30																								
1:00		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training		Group 1 On-Ice Robson Arena	Group 2 Weight Training			
1:30				Lunch 1:30																				
2:00		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15		1:15-2:45	1:00-2:15			
2:30																								
3:00		Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training	Group 1 Speed Session	Group 2 On-Ice Robson Arena	Group 3 Weight Training		
3:30		3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00	3:15-4:30	3:00-4:30	2:45-4:00		
4:00																								
4:30																								
5:00pm		Dinner 5:00	Dinner 5:00	Group 3 On-Ice Robson Arena																				
5:30				4:45-6:15			4:45-6:15			4:45-6:15			4:45-6:15			4:45-6:15			4:45-6:15					
6:00	Eval Skate 1 6:00 - 7:00		Chalk Talk																					
6:30	Day campers	Group 1 On-Ice	Chapman Room		Group 1 Game 6:30-7:30	Chapman Room		Group 1 On-Ice	Chapman Room		Group 1 Game 6:30-7:30	Chapman Room		Group 1 On-Ice	Chapman Room		Group 1 Game 6:30-7:30	Chapman Room		Group 1 On-Ice	Chapman Room			
7:00		6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45	6:30-7:30	6:15-7:15	6:45		
7:30	Eval Skate 2 7:15-8:15		Chalk Talk																					
8:00	Res campers 1	Chapman Room	Group 2 On-Ice		Chapman Room	Group 2 Game 7:45-8:45		Chapman Room	Group 2 On-Ice		Chapman Room	Group 2 Game 7:45-8:45		Chapman Room	Group 2 On-Ice		Chapman Room	Group 2 Game 7:45-8:45		Chapman Room	Group 2 On-Ice			
8:30	Eval Skate 3 8:30-9:30	7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45		7:45-8:45	7:45-8:45			
9:00	Res campers 2			Group 3 On-Ice			Group 3 Game 9:00-10:00		Group 3 On-Ice		Group 3 Game 9:00-10:00		Group 3 On-Ice		Group 3 Game 9:00-10:00		Group 3 On-Ice		Group 3 Game 9:00-10:00		Group 3 On-Ice			

