



"COMMITMENT to the process, FOCUS on the details, PRIDE in the Results"

Thunder Focus

We will work together as one unit, in order to obtain our goal, with the knowledge of having given our best effort 100% of the time. We will act like professionals, on and off the ice, through the portrayal of our own self-image. Respect and accountability will be the foundation of each individual, while the team will provide the necessary support to build on our successes.

Overview:

The information below provides an outline of training camp, including preparation guidelines and the schedule for the next 3 weeks. Please note that these dates are only a guideline and are subject to change based on circumstances.

Our first regular season game will be on Friday, September 22nd

Schedule:

September 1 st	Practice / Overview, Skills	7:30pm – 8:45pm @ Ron Ebbesen (Gold)
September 2 nd	Practice / SAG, Tactics	12:30pm – 1:45pm @ Ron Ebbesen (Blue)
September 2 nd	Practice / SAG, 3-on-3	5:30pm – 6:45pm @ Ron Ebbesen (Blue)
September 3 rd	Practice / SAG, Tactics	11:30am – 12:45pm @ Ron Ebbesen (Blue)
September 3 rd	Practice / SAG, 3-on-3	5:30pm – 6:45pm @ Ron Ebbesen (Blue)
September 4 th	Intrasquad / Red vs White (TBD)	4:00pm – 6:00pm @ Ron Ebbesen (Blue)
September 4 th	1-on-1 Meetings	Time/Location: TBD
September 5 th	Practice	8:45pm – 9:45pm @ Ron Ebbesen (Blue)
September 7 th	Practice	8:30pm – 9:30pm @ Ron Ebbesen (Blue)
September 8 th	*Exhibition Game (vs. High River)	8:00pm Puck Drop / Home
September 10 th	*Exhibition Game (vs. Mountainview)	4:00pm Puck Drop / Away
September 12 th	Practice	8:45pm – 9:45pm @ Ron Ebbesen (Blue)
September 14 th	Practice	8:45pm – 9:45pm @ Ron Ebbesen (Blue)
September 15 th	*Exhibition Game (vs. Blackfalds)	8:00pm Puck Drop / Home
September 16 th	*Exhibition Game (vs. Cochrane)	7:30pm Puck Drop / Away
September 19 th	Practice	10:00pm – 11:00pm @ Ron Ebbesen (Blue)
September 21 st	Practice	8:45pm – 9:45pm @ Ron Ebbesen (Blue)



"COMMITMENT to the process, FOCUS on the details, PRIDE in the Results"

Dress Code

It is important that all players have a strong attention to detail when it comes to dress code and personal appearance. The following is in effect for all games.

- Dress pants, collar shirt and/or sweaters, dress shoes and socks. Ties and suit jackets are optional. Make certain that attire is presentable (clean and wrinkle-free). **No hats.**
- Players are responsible for having appropriate warm-up gear (track pants, shirts, running shoes).

Preparation Guidelines

Practice

- 30 minutes prior to start time / Players arrive at the rink prepared to actively participate
- 5 minutes prior to start time / Players are dressed and prepared to start practice
- 5 minutes after practice / Feedback from coaching staff, ensure all instructions are understood

Game

- 75 - 90 minutes prior to start time
 - Players arrive at the rink, get settled, review posted line-up and game notes
- 70 minutes prior to start time
 - Off-Ice warm-up; get active and positive, everyone involved, focused
- 55 minutes prior to start time
 - Players are in the dressing room for team meeting to review/outline game plan
- 30 minutes prior to start time
 - On-Ice warm-up
- 10 minutes prior to start time
 - Final comments from coaching staff
- 5 minutes prior to start time
 - Players are dressed and prepared for game time
- Intermissions / 4-point period feedback, game plan adjustments
- 5 minutes after game / Feedback from coaching staff, ensure all instructions are understood

**Players not in the line-up will be required to assist the team, as needed, off the ice*