

High Performance Peeewe Development Camp

Session 1		
Start time	End time	Task/Event
8:30	9:00	<i>Arrive, register, dress for on-ice</i>
9:00	9:15	pre-ice session with Quantum Speed & Ian Gordon
9:15	10:15	on-ice session "Agility and Acceleration Skating" with Quantum Speed, "Goalie skills" with Ian Gordon
10:15	10:30	pre-ice session with Nathan Dempsey & Vimy
10:30	11:30	on-ice session "Developing optimal Technical Skills" with Nathan Dempsey & Vimy
11:30	11:45	<i>undress, change to off-ice equipment</i>
11:45	12:45	off-ice session "Developing Elite Off-ice habits" with Simon Bennett
12:45	13:35	Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow
13:35	14:00	<i>dress for on-ice</i>
14:00	14:15	pre-ice session with Shawn Belle
14:15	15:15	on-ice session "Excelling through Small Area Games" with Shawn Belle
15:15	15:30	pre-ice session with Bram Stephen
15:30	16:30	on-ice session "Developing Elite Team and Individual Tactics" with Bram Stephen
16:30	17:00	<i>undress, guardian pick-up</i>

Session 2		
Start time	End time	Task/Event
11:00	11:30	<i>Arrive, register, dress for on-ice</i>
11:30	11:45	pre-ice session with Quantum Speed & Ian Gordon
11:45	12:45	on-ice session "Agility and Acceleration Skating" with Quantum Speed, "Goalie skills" with Ian Gordon
12:45	13:00	pre-ice session with Nathan Dempsey & Vimy
13:00	14:00	on-ice session "Developing optimal Technical Skills" with Nathan Dempsey & Vimy
14:00	14:15	<i>undress, change to off-ice equipment</i>
14:15	15:15	off-ice session "Developing Elite Off-ice habits" with Simon Bennett
15:15	16:05	Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow
16:05	16:30	<i>dress for on-ice</i>
16:30	16:45	pre-ice session with Shawn Belle
16:45	17:45	on-ice session "Excelling through Small Area Games" with Shawn Belle
17:45	18:00	pre-ice session with Bram Stephen
18:00	19:00	on-ice session "Developing Elite Team and Individual Tactics" with Bram Stephen
19:00	19:30	<i>undress, guardian pick-up</i>

