

## High Performance Peeewe Development Camp

Session 3		
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 Shawn Belle
9:15	10:15	<b>on-ice session "Excelling through Small Area Games" with Shawn Belle</b>
10:15	10:30	pre-ice session with Nathan Dempsey & Vimy
10:30	11:30	<b>on-ice session "Developing optimal Technical Skills" with Nathan Dempsey &amp; Vimy</b>
11:30	11:45	<i>undress, change to off-ice equipment</i>
11:45	12:45	<b>off-ice session "Developing Elite Off-ice habits" with Simon Bennett</b>
12:45	13:35	<b>Lunch and Learn session "High Performance Player Development Seminar - What does it take to make it to the next level?" with Fran Gow</b>
13:35	14:00	<i>dress for on-ice</i>
14:00	14:15	pre-ice session with Quantum Speed & Ian Gordon
14:15	15:15	<b>on-ice session "Agility and Acceleration Skating" with Quantum Speed, "Goalie skills" with Ian Gordon</b>
15:15	15:30	pre-ice session with Bram Stephen
15:30	16:30	<b>on-ice session "Developing Elite Team and Individual Tactics" with Bram Stephen</b>
16:30	17:00	<i>undress, guardian pick-up</i>

