

# 2019 Canada Winter Games

## Team NWT Female Hockey

### Selection Camp - August 16-19, 2018

#### Thursday, August 16

6:00-7:00 PM	Parent & player meeting	PSAV Room
7:15-7:45 PM	Off-ice warm-up	
8:15-9:15 PM	Skills session	Ed Jeske
9:15-9:45 PM	Off-ice cool down	

#### Friday, August 17

9:30-10:00 AM	Off-ice warm-up	
10:30 AM-12:00 PM	Game	Ed Jeske
12:00-12:30 PM	Off-ice cool down	
3:00-4:00 PM	Off-ice fitness	Field house
5:30-6:00 PM	Off-ice warm-up	
6:30-8:00 PM	Game	Ed Jeske
8:00-8:30 PM	Off-ice cool down	

#### Saturday, August 18

9:30-10:00 AM	Off-ice warm-up	
10:30 AM-12:00 PM	Game	Ed Jeske
12:00-12:30 PM	Off-ice cool down	
3:00-4:00 PM	Off-ice fitness	Field house
5:30-6:00 PM	Off-ice warm-up	
6:30-8:00 PM	Game	Ed Jeske
8:00-8:30 PM	Off-ice cool down	
8:30-9:30 PM	Team selections	Ed Jeske dressing rooms

#### Sunday, August 19

10:00-10:30 AM	Off-ice warm-up	Ed Jeske
11:00 AM-12:30 PM	Team NWT practice	Ed Jeske
12:30-1:00 PM	Off-ice cool down	
1:00-2:00 PM	Player & parent meeting	PSAV Room