



## U11/U13 Schedule

### Locations:

**Canada Games Centre:** 200 Hamilton Blvd, Whitehorse YT Y1A 0A6

**Greymountain Room:** 1 Sumanik Dr Whitehorse, YT Y1A 6T1

### Day 1 – Saturday April 11

Time		Location
10:45am	Arrival & Sign-in	Grey Mountain Room
11:00am- 1:00pm	PWHL Watch Party: Ottawa Charge vs Toronto Sceptres	Grey Mountain Room
12:00pm - 12:30pm	Welcome & Opening Remarks: Hockey Canada Staff & Team Canada Alum	Grey Mountain Room
12:45pm - 1:30pm	Lunch provided for participants	Grey Mountain Room
2:15pm - 3:00pm	Mental Performance / Leadership Session	Grey Mountain Room
3:45pm- 4:15pm	Off Ice Warmup with Strength and Conditioning Coach	Canada Games Centre
5:00pm- 6:20pm	On Ice Session	Canada Games Centre



## Day 2 – Sunday, April 12

Time		Location
7:15am	Arrival & Sign-in	Canada Games Centre
7:45am- 8:45am	On Ice Session	Canada Games Centre
9:00am- 9:30am	Cool Down with Strength and Conditioning Coach	Canada Games Centre
10:00am- 10:30am	Mental Performance / Leadership Session	Grey Mountain Room
11:45am- 12:45pm	Aboriginal Sport Circle Demonstration	Grey Mountain Room
12:30pm- 1:15pm	Lunch provided for participants	Grey Mountain Room
1:15 pm	Closing Remarks	Grey Mountain Room