



U15/U18 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 11th

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
3:15pm - 4:00pm	Mental Performance / Leadership Session	Grey Mountain Room
4:45pm- 5:30pm	Nutrition Seminar with Strength and Conditioning Coach	Grey Mountain Room



5:40pm- 6:15pm	Off Ice Warmup with Strength and Conditioning Coach	Canada Games Centre
6:30pm- 8:00pm	On Ice Session	Canada Games Centre

Day 2 – Sunday, April 12

Time		Location
7:50am	Arrival & Sign-in	Canada Games Centre
8:15am- 9:15am	On Ice Session	Canada Games Centre
9:30am- 10:00am	Cool Down with Strength and Conditioning Coach	Canada Games Centre
10:40am- 11:15am	Mental Performance/Leadership Sessions	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