



## U7/U9 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 -	<b>Arrival &amp; Sign-in</b>	<b>Grey Mountain Room</b>
11:00am – 1:00pm	<b>PWHL Watch Party: Ottawa Charge vs Toronto Sceptres</b>	<b>Grey Mountain Room</b>
12:00pm - 12:30pm	<b>Welcome &amp; Opening Remarks: Hockey Canada Staff &amp; Team Canada Alum</b>	<b>Grey Mountain Room</b>
12:45pm - 1:30pm	<b>Lunch provided for participants</b>	<b>Grey Mountain Room</b>
2:15pm - 3:00pm	<b>Off Ice Warmup with Strength and Conditioning Coach</b>	<b>Canada Games Centre</b>
3:15pm- 4:45pm	<b>On Ice Session</b>	<b>Canada Games Centre</b>
5:00pm- 5:45pm	<b>Mental Performance / Leadership Session</b>	<b>Grey Mountain Room</b>



## Day 2 – Sunday, April 12

Time		Location
7:00am	Arrival & Sign-in	Canada Games Centre
7:15am- 8:15am	On Ice Session	Canada Games Centre
8:30- 9:00am	Cool Down with Strength and Conditioning Coach	Canada Games Centre
9:15am- 10:00am	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