



NA Prep Practice Weekend

September 10-11, 2022

HOTEL

No defined team hotel

RINK

Stumptown IceDen
715 Wisconsin Ave
Whitefish, MT 59937

SCHEDULE

SATURDAY, SEPTEMBER 10

1:45pm	Players Arrive	Jersey assignments, get dressed
2:15pm	On-Ice Session	
4:00pm	Team Snack	Stumptown IceDen Conference room
4:30pm	Classroom	Introductions, player packet Review, season review
6:00pm	On-Ice Session	
10:00pm	Curfew	Players should be in bed

SUNDAY, SEPTEMBER 11

9:00am	Players Arrive	Jersey assignments, get dressed
9:30am	On-Ice Session	
11:45am	Off-ice Session	
1:15pm	Players Depart	

NOTES:

Curfew: Please adhere to all team curfews. They are established to give you the needed sleep rest/ratio you need to perform at your best ability for the weekend agenda.

Down Time: No physical activities such as swimming, hot tubbing, etc. Please ensure players are rested, fueled and hydrated during this time.

Team Snack/Lunch: Please send your player with a sack lunch/snack for between practices on Saturday.