



NA Prep Practice Weekend 2

October 1-2, 2022

HOTEL

No defined team hotel

RINK

Great Falls Ice Plex
4001 29th St SW
Great Falls, MT 59404

SCHEDULE

SATURDAY, SEPTEMBER 10

10:30 am	Players Arrive	Jersey assignments, get dressed
11:00 am	On-Ice Session	
12:45 am	Team Lunch	Ice Plex Locker room
1:30 pm	Off-Ice Session	Training with Coach Richards, Walker
5:00 pm	On-Ice Session	
10:00 pm	Curfew	Players should be in bed

SUNDAY, SEPTEMBER 11

8:30 am	Players Arrive	Jersey assignments, get dressed
9:00 am	On-Ice Session	
11:45 am	Off-ice Session	
1:00 pm	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 a sack lunch/snack between practices on Saturday.