



NA Prep Practice Weekend 4

October 22-23, 2022

ITINERARY

HOTEL

No defined team hotel

RINK

Stumptown IceDen
715 Wisconsin Ave
Whitefish, MT 59937

SATURDAY, OCTOBER 22

10:45 AM	Players Arrive	Jersey assignments, get dressed
11:15 AM	On-Ice Session	Stumptown IceDen
1:00 PM	Team Lunch	Subway Sandwiches
1:30 PM	Classroom	NA Training Center
2:15 PM	Team Challenge	NA Training Center
3:15 PM	Off-Ice Session	NA Training Center
4:20 PM	BREAK	
5:00 PM	Players Arrive	Jersey assignments, get dressed
5:30 PM	On-Ice Session	Stumptown IceDen
7:15 PM	Team Event	TBA
10:00 PM	Curfew	Players should be in bed

SUNDAY, OCTOBER 23

8:30 AM	Players Arrive	Jersey assignments, get dressed
9:00 AM	On-Ice Session	Stumptown IceDen
11:00 PM	Off-ice Session	NA Training Center
12:30 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.

Transportation: Provided by NA Prep

Team Snack/Lunch: We are ordering Subway for the players; please ensure that you have paid for your child's \$10 meal so we can complete the order. The link to pay is [HERE](#).