

YOUTH DEVELOPMENT PROGRAMS
SUMMER 2018 JULY 3-Sept 2
 (9 WEEKS) *Week 9 off-ice ONLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-10am Custom Groups							
10-12 Junior-College	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
10:15-11:30 BANTAM ELITE ICE	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING		10:15-11:45 ADVANCED ATHLETE DEVELOPMENT	
11:30-12:45 MIDGET ELITE ICE	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING			
12:30-2:30 BANTAM ELITE DL	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
1-2:15 ELITE ICE	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		HIGH PERFORMANCE TRAINING			
2:30-4:30 MIDGET ELITE DL	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
5:30-7PM AAD	ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		ADVANCED ATHLETE DEVELOPMENT		