

High Performance ATHLETE Development

SUMMER 2019 JULY 2-Aug 31

(9 WEEKS) *Week 9 off-ice ONLY

On-Ice schedules will vary on STAT Holiday weeks



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-10am Custom Groups							
8-10 Junior-College A	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING		
10-12 Junior/College/B	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	HIGH PERFORMANCE TRAINING	10:15-11:45 ADVANCED ATHLETE DEVELOPMENT	
11:45-1pm 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		