



2008-2010 (18U) Elite Summer Training Program Schedule

2008-2010 S&C Sessions Tuesday-Friday - Both groups use same time frame

2011-2013 (15U) Elite Summer Training Program Schedule

2011-2013 S&C Sessions Monday-Thursday - Both groups use same time frame

Group	Day	Date	Ice Start	Ice End	Rink	Off-Ice Start	Off-Ice End	Get-Ready Buffer
15U	Monday	20-Jul	11:30 AM	12:30 PM	MNP 2	10:00 AM	11:00 AM	11:00 am – 11:30 am (30 min)
18U	Tuesday	21-Jul	11:30 AM	12:30 PM	MNP 2	10:00 AM	11:00 AM	11:00 am – 11:30 am (30 min)
15U	Wednesday	22-Jul	11:30 AM	12:30 PM	MNP 2	10:00 AM	11:00 AM	11:00 am – 11:30 am (30 min)
15U	Thursday	23-Jul	11:30 AM	12:30 PM	MNP 2	10:00 AM	11:00 AM	11:00 am – 11:30 am (30 min)
18U	Friday	24-Jul	11:30 AM	12:30 PM	MNP 2	10:00 AM	11:00 AM	11:00 am – 11:30 am (30 min)
15U	Monday	27-Jul	11:15 AM	12:15 PM	MNP 2	9:45 AM	10:45 AM	10:45 am – 11:15 am (30 min)
18U	Tuesday	28-Jul	11:15 AM	12:15 PM	MNP 2	9:45 AM	10:45 AM	10:45 am – 11:15 am (30 min)
15U	Wednesday	29-Jul	11:15 AM	12:15 PM	MNP 2	9:45 AM	10:45 AM	10:45 am – 11:15 am (30 min)
15U	Thursday	30-Jul	11:15 AM	12:15 PM	MNP 2	9:45 AM	10:45 AM	10:45 am – 11:15 am (30 min)
18U	Friday	31-Jul	11:15 AM	12:15 PM	MNP 2	9:45 AM	10:45 AM	10:45 am – 11:15 am (30 min)
15U	Monday	03-Aug	1:45 PM	2:45 PM	MNP 2	12:15 PM	1:15 PM	1:15 pm – 1:45 pm (30 min)
18U	Tuesday	04-Aug	1:45 PM	2:45 PM	MNP 2	12:15 PM	1:15 PM	1:15 pm – 1:45 pm (30 min)
15U	Wednesday	05-Aug	1:45 PM	2:45 PM	MNP 2	12:15 PM	1:15 PM	1:15 pm – 1:45 pm (30 min)
15U	Thursday	06-Aug	1:45 PM	2:45 PM	MNP 2	12:15 PM	1:15 PM	1:15 pm – 1:45 pm (30 min)
18U	Friday	07-Aug	1:45 PM	2:45 PM	MNP 2	12:15 PM	1:15 PM	1:15 pm – 1:45 pm (30 min)
15U	Monday	10-Aug	12:00 PM	1:00 PM	MNP 1	10:30 AM	11:30 AM	11:30 am – 12:00 pm (30 min)
18U	Tuesday	11-Aug	12:00 PM	1:00 PM	MNP 1	10:30 AM	11:30 AM	11:30 am – 12:00 pm (30 min)
15U	Wednesday	12-Aug	12:00 PM	1:00 PM	MNP 1	10:30 AM	11:30 AM	11:30 am – 12:00 pm (30 min)
15U	Thursday	13-Aug	12:00 PM	1:00 PM	MNP 1	10:30 AM	11:30 AM	11:30 am – 12:00 pm (30 min)
18U	Friday	14-Aug	12:00 PM	1:00 PM	MNP 1	10:30 AM	11:30 AM	11:30 am – 12:00 pm (30 min)