



TRU Hockey School Itinerary 2020

Monday July 27th

- 8am Registration
- 9:15am to 10:15am On ice
- 10:30am to 11:30am On Ice
- 11:45am Lunch
- 12:15pm Video/meeting
- 12:45pm to 1:45 pm specific Off Ice workout
- 1:45pm snack
- 2pm to 2:50pm Activity
- 3pm Pick up

Tuesday July 28th

- 8:30am Arrive at Rink
- Rest of the day/same for MON, TUE, WED, THUR...

Friday, July 31st

8:30am Arrive at Rink

9:15am to 10:15 On Ice

10:30am Snack

10:50am to 11:50 Off ice

12:30pm to 1:45pm Game

2pm PIZZA and AWARDS

2:30pm Pick up

NEEDS- LUNCH, HOCKEY GEAR, WORKOUT GEAR, WATER BOTTLE

We provide the snacks and Friday Pizza....We need to know about allergies or medical issues.

Most importantly we need smiles and energy.....Let's have fun and develop...

