

**Team Development Camp
August 5 to August 8. 2019**

'11 Tier 1, '12 Tier 1 and Mite AAA	
West River Royals	
8:30am-9:30am	On Ice
9:30am-9:50am	Change
9:50am-10:20am	Off Ice Training / Team Building
10:20am-10:35am	Snack
10:35am-11:20am	Street Hockey/Stickhandling
11:20am-11:50am	Lunch
11:50am-12:20pm	Change
12:20pm-1:20pm	On Ice

All Players MUST sign in and out with group leader daily

All Players should be at the arena at least 25 minutes before 1st On Ice Session

ALL Players MUST be registered with USA Hockey prior to camp and signed Tri-Town Ice Arena Waiver

All players should bring to camp:

Sneakers Extra stick for off-ice stick handling

Shorts All health concerns in writing

Socks Plenty of Fluids to hydrate!

T- Shirt

Lunch, if not enrolled in the rink meal program

Snacks