

# AUG 25

## Important Notes to All Participants

### What To Bring?

- \* Hockey Equipment
- \* Water Bottle
- \* Non-marking Shoes
- \* Gym Clothing

### Special Note!

Be sure to share medical concerns and allergy information with the staff at morning drop-off



Activity Schedule (Registration between 8:15-9:00am)  
(Pick-up between 2:45-3pm)

Start Time	U9	U11	U13	U15/U18
9:00am	Off-Ice Performance Training & Fitness Combine	On-Ice Skills presented by V-Strides (Rm 1 & 2)	Nutrition, Hydration, Sleep	Community Development, Safety at the Rink
10:15am	Nutrition, Hydration, Sleep	Community Development, Safety at the Rink	On-Ice Skills Presented by V-Strides (Rm 3 & 4)	Off-Ice Performance Training presented by Athlete's Fuel Strength and Conditioning
11:30am	Lunch			
12:15pm	On-Ice Skills presented by V-Strides (Rm 1 & 2)	Off-Ice Performance Training presented by Athlete's Fuel Strength and Conditioning	Community Development, Safety at the Rink	Nutrition, Hydration, Sleep
1:30pm	Community Development, Safety at the Rink	Nutrition, Hydration, Sleep	Off-Ice Performance Training presented by Athlete's Fuel Strength and Conditioning	On-Ice Skills Presented by V-Strides (Rm 3 & 4)
3:00pm	Dark Horse Goaltending Training (Rm 1 & 2) <i>*All Jr. King Academy of Excellence Goalies are to attend this session in full equipment</i>			

## Activity Locations

- On-Ice Skills - See Dressing Room Assignments
- Nutrition, Hydration, Sleep - KHMACH Conference Room
- Lunch - Auditorium Hall
- Off-Ice Performance Training - Auditorium Hall East Side
- Fitness Combine - Auditorium Hall West Side
- Community Development, Safety at the Rink - Jr. C. King Dressing Room