



Female U12/U14 POE
Shaw Centre, Salmon Arm
September 22-23

September 22, 2018				
Start	End	Event		
8:00AM	8:30AM	U12/U14 Registration – Rec Centre (Keep bags in vehicles)		
8:30AM	9:00AM	Player/Parent Meetings – Rec Centre		
			Team Name	Location
9:30AM	10:45AM	On Ice Skills	Team 1	Spectator Arena
9:30AM	10:30AM	Strength and Conditioning	Team 2	Rec Centre
11:00AM	12:00PM	Seminar – Sport Psych	Team 2	Rec Centre
11:15AM	12:15PM	Strength and Conditioning	Team 1	Rec Centre
12:30PM	1:45PM	On Ice Skills	Team 2	Spectator Arena
12:30PM	1:30PM	Seminar – Sport Psych	Team 1	Rec Centre
2:00PM	2:30PM	Strength and Conditioning – Stretching	Team 2	Arena
3:30PM	4:45PM	On Ice Skills	Team 1	Spectator Arena
5:00PM	5:30PM	Strength and Conditioning – Stretching	Team 1	Arena

September 23, 2018				
8:00AM	9:15AM	On Ice Skills	Team 2	Spectator Arena
10:00AM	11:00AM	Strength and Conditioning	Team 2	Rec Centre
11:00AM	12:15PM	On Ice Skills	Team 1	Spectator Arena
12:30PM	1:45PM	On Ice Skills	Team 2	Spectator Arena
12:30PM	1:30PM	Strength and Conditioning	Team 1	Rec Centre

****Schedule is subject to change, updated schedule will be on website****



To Lead, Develop and Promote Positive Lifelong Experiences.