



FEMALE U18 INVITATIONAL SELECTION CAMP
 Cowichan Lake Sports Arena
 May 17 – 21, 2017

Wednesday, May 17, 2017

Start	End	Event	Team
11:30AM	12:00PM	Registration	All
12:00PM	12:30PM	Player Meeting	All
12:30PM	1:00PM	Parent Meeting	Parents
1:15PM	5:15PM	Fitness Testing	All
6:30PM	7:30PM	On-Ice Skill Session	Defense Group 1
7:30PM	8:30PM	Strength & Conditioning Seminar	Forward Groups 2, 3, 4
7:45PM	8:45PM	On-Ice Skill Session	Defense Group 2
9:00PM	10:00PM	On-Ice Skill Session	Forward Group 1

Thursday, May 18, 2017

7:30AM	8:30AM	On-Ice Skill Session	Forward Group 2
8:45AM	9:45AM	On-Ice Skill Session	Forward Group 3
9:00AM	10:00AM	Strength & Conditioning Seminar	Defense Group 1,2 – Forward Group 1
10:00AM	11:00AM	On-Ice Skill Session	Forward Group 4
11:30AM	12:30PM	Goaltending Session	Goaltenders
1:00PM	2:00PM	On-Ice Skill Sessions	Defense Group 1
2:15PM	3:15PM		Defense Group 2
3:30PM	4:30PM		Forward Group 1
5:45PM	6:45PM		Forward Group 2
7:00PM	8:00PM		Forward Group 3
8:15PM	9:15PM		Forward Group 4

Friday, May 19, 2017

7:30AM	8:15AM	Goaltending Session	Goaltenders
8:30AM	9:30AM	Practice	Team BC Green
9:45AM	10:45AM	Practice	Team BC Blue
10:15AM	11:15AM	Off-Ice Skill Session	Team Navy Team White
11:00AM	12:00PM	Practice	Team BC Orange
12:15PM	1:15PM	Practice	Team BC Purple
12:30PM	1:30PM	Off-Ice Skill Session	Team BC Green Team BC Blue
1:30PM	2:30PM	Practice	Team BC Navy
2:45PM	3:45PM	Off-Ice Skill Session	Team BC Purple Team BC Orange
2:45PM	3:45PM	Practice	Team BC White
4:00PM	6:00PM	Game #1	Team BC Green Team BC Blue
6:15PM	8:15PM	Game #2	Team BC Purple Team BC Orange
8:30PM	10:30PM	Game #3	Team BC Navy Team BC White

Saturday, May 20, 2017

7:30AM	8:15AM	Pre-Game Skate	Team BC Purple
8:30AM	9:15AM		Team BC White
9:30AM	10:15AM		Team BC Orange
10:30AM	11:15AM		Team BC Green
11:30AM	12:15PM		Team BC Navy
12:30PM	1:15PM		Team BC Blue
3:30PM	5:30PM	Game #4	Team BC White Team BC Purple
5:45PM	7:45PM	Game #5	Team BC Green Team BC Orange
8:00PM	10:00PM	Game #6	Team BC Navy Team BC Blue

Sunday, May 21, 2017

7:30AM	9:30AM	Game #7	Team BC White Team BC Green
9:45AM	11:45AM	Game #8	Team BC Navy Team BC Orange
12:00PM	2:00PM	Game #9	Team BC Blue Team BC Purple

