



U16 ZONE CAMP SCHEDULE

Lower Mainland Zone U16 Female Zone Camp Information

Date: December 30 & 31, 2011

Location: Coquitlam, BC

Rink: Planet Ice Coquitlam
2300 Rocket Way
Coquitlam, BC

Zone Camp Schedule

Lower Mainland U16 Schedule Dec 30-31 2011				
Friday December 30				
Start Time				
7:15	Staff Meeting			
7:30	Registration			
7:45	Opening Presentation			
8:00	Parent Presentation			
8:15				
	Group 1	Group 2	Group 3	Group 4
9:00	Practice			
9:15				
9:30				
9:45			Team building and Goal setting Dave Lige	
10:00				
10:15				
10:30				Team building and goal setting Dave Lige
10:45		Practice		
11:00				
11:15				
11:30				
11:45				
12:00				
12:15	Team building and goal setting Dave Lige			
12:30			Practice	
12:45				
1:00				
1:15		Team Building and Goal Setting Dave Lige	Practice	
1:30				
1:45				
2:00				
2:15				Practice
2:30				
2:45				
3:00				
3:15				
3:30				
3:45-5:00	Staff Evaluation Session			
5:00-6:30	Goaltender Session			



U16 ZONE CAMP SCHEDULE

Lower Mainland U16 Schedule Dec 30-31 2011	
Saturday December 31	
Start Time	
8:00-9:15	1 vs 2
Clean	
9:30-10:45	3 vs 4
Clean	
11:00-12:15	1 vs 3
Clean	
12:30-1:45	2 vs 4
2:00-3:15	Closing and interviews
3:15-4:00	Team Meetings

Players may be sent group number in advance via email or upon registration.

Schedule may be adjusted dependent on registration numbers.

Athletes need to bring appropriate attire for fitness testing including a second pair of runners for indoors.

Questions/Concerns:

Lower Mainland Female High Performance District Coordinators:

Tim Gilligan
(604)807-7620

lmefhpdc@bchockey.net

Serena Hillman
(604)307-8793

lmwfhpdc@bchockey.net
