



U16 ZONE CAMP SCHEDULE

North Central Zone U16 Female Zone Camp Information

Date: January 7 & 8, 2012
Location: Fort St. John
Rink: North Peace Arena

Zone Camp Schedule

Saturday - January 7, 2012	Sunday - January 8, 2012
7:30 am - Registration	7:00 am - Active Warm Up
8:00 am - Player/Parent Presentation	8:00 am - 10:00 am - Game #2
8:30 am - Active Warm Up	10:00 am - Cool Down
9:00 am - 10:30 am - Practice #1	10:30 am - Exit Interviews
10:30 am - 11:00 am - Goaltender Session	12:00pm - Team Meeting
11:30 am - 1:30 pm - Fitness Testing	
6:00 pm - Active Warm-Up - Pomeroy Sportsplex	
7:00 pm - 9:00 pm - Game #1	
9:00 pm - Cool Down	

Players will be assigned a team 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:

**North Central Female High Performance
District Coordinator**
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