



## U16 ZONE CAMP SCHEDULE

### Vancouver Island Zone U16 Female Zone Camp Information

**Date: December 30-31, 2011**

**Location: Oceanside Place (Wembley Mal)**

826 W. Island Hwy, Parksville, BC V9P2B7

#### Zone Camp Schedule

<b>Friday, December 30</b>	
10:00 - 10:30am	Registration
10:30 - 11:00am	Opening Presentation
11:00 - 12:00am	Warm Up/Pre-Ice
12:00 - 1:30pm	Group 1 Drills Session, Group 2 Fitness Testing
1:30 - 3:30pm	Group 2 Drills Session, Group 1 Fitness Testing
5:00 - 6:00pm	Pre-game Warm Up
6:00 - 8:00pm	Evaluation Game #1
<b>Saturday, December 31</b>	
7:15 - 8:00am	Goaltenders warm up/change
8:00 - 8:45am	Goaltender session
8:00 - 9:00am	Pre-game Warm Up
9:00 - 11:00am	Evaluation Game #2
11:30am	Final Presentation
12:00pm	Exit Interviews
1:00pm	Team Meeting

**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:

Ian Turner

Vancouver Island Female High Performance District Coordinator

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