



## Female U18 Zone Camp Schedule –

### VANCOUVER ISLAND IMPACT Team Tryout Schedule

**Date:** August 13/14  
**Location:** Nanaimo - Frank Crane Arena  
**Cost:** \$185.00 per player  
**Registration:** 10:00

#### Saturday

Time	Event
10:00 – 10:30am	Player Registration
10:30 – 11:00am	Island Impact Presentation
11:00am-12:00pm	Warm-up & Pre-ice
12:00 – 1:30pm	Drills Session
2:30 – 3:30pm	Fitness Testing
6:00 – 8:00pm	Evaluation Game #1

#### Sunday

Time	Event
9:00 – 10:30am	Evaluation Game #2
11:30am-12:30pm	Wrap Up Presentation
12:30 – 1:30pm	Exit Interviews ( Minimum 12 players identified)
1:30 – 2:30pm	Team Meeting

#### FOLLOW ON SCHEDULE

Date	Time	Event	Location
Monday, August 16, 2010	1900-2030	AAA Practice	Lake Cowichan
Thursday, August 19, 2010	1900-2030	AAA Practice	Nanaimo
Saturday, August 21, 2010	1300-1500	Dryland Training	Duncan
Monday, August 23, 2010	1900-2030	AAA Practice	Lake Cowichan
Thursday, August 26, 2010	1900-2030	AAA Practice	Nanaimo
Saturday, August 28, 2010	1300-1500	Dryland Training	Duncan
Monday, August 30, 2010	1900-2030	AAA Practice	Lake Cowichan
Wednesday, September 01, 2010	1900-2030	Dryland Training	Duncan
Thursday, September 02, 2010	1900-2030	AAA Practice	Nanaimo
Saturday, September 04, 2010	1200-1330, 1800-1930	AAA Practice Wknd <i>Exhibition Game</i>	Port Alberni or Campbell River
Sunday, September 05, 2010	0900-1030	AAA Practice Wknd <i>Exhibition Game</i>	Port Alberni or Campbell River