



2017 Female U18 Team BC Selection Camp
 Shawnigan Lake School, Shawnigan Lake, B.C.
 July 13-16, 2017

Thursday, July 13, 2017

Start	End	Event	Team	Team
10:00AM	10:45AM	Registration (Auditorium)		
11:00AM	11:30AM	Player Meeting (Auditorium)		
11:30AM	12:00PM	Parent Meeting (Auditorium)		
1:30PM	2:45PM	Fitness Testing	Team Navy	
2:45PM	4:00PM	Fitness Testing	Team White	
6:00PM	7:00PM	Strength and Conditioning	Team Navy	
6:00PM	7:00PM	Off-Ice Walk Through	Team White	
7:00PM	8:00PM	Strength and Conditioning	Team White	
7:00PM	8:00PM	Off-Ice Walk Through	Team Navy	

Friday, July 14, 2017

8:30AM	9:00AM	Video Session	Team White	
9:00AM	9:30AM	Video Session	Team Navy	
11:45AM	1:00PM	Practice	Team Navy	
1:15PM	2:30PM	Practice	Team White	
2:45PM	3:30PM	Goalie Session		
7:00PM	9:45PM	Game #1	Team Navy	Team White

Saturday, July 15, 2017

8:45AM	9:30AM	Strength and Conditioning	Team White	
9:00AM	10:15AM	Practice	Team Navy	
10:30AM	11:45AM	Practice	Team White	
12:15PM	1:00PM	Strength and Conditioning	Team Navy	
4:30PM	7:00PM	Game #2	Team White	Team Navy

Sunday, July 16, 2017

7:00AM	7:15AM	Video Session		
8:00AM	10:15AM	Game #3	Team Navy	Team White
11:45AM	12:45PM	Exit Interviews		

