

## WSC Hockey Camp Schedule

June 17 - 20

8U Group Weekly Schedule		Lead Instructor: John Williams	
8:00 AM	8:40 AM	Powerskating	On-Ice
9:00 AM	9:35 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
9:35 AM	10:00 AM	Snack	Café
10:00 AM	10:35 AM	Stick and Puck Skills	Off-ice WSC Front Lot
11:00 AM	11:45 AM	Skill Stations	On-Ice
12:00 PM	12:30 PM	Lunch	Off-ice WSC Upstairs
12:40 PM	1:55 PM	Game Rotation	Off-ice WSC Front Lot
2:20 PM	3:05 PM	Small Games	On-Ice
3:05 PM		Pick up	

10U Group Weekly Schedule		Lead Instructor: PJ Quinn	
9:30 AM	10:10 AM	Powerskating	On-Ice
10:20 AM	11:05 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
11:05 AM	11:35 AM	Lunch	Off-ice WSC Upstairs
11:40 AM	12:15 PM	Stick and Puck Skills	Off-ice WSC Front Lot
12:40 PM	1:25 PM	Skill Stations	On-Ice
1:35 PM	1:50 PM	Snack	Café
1:50 PM	3:40 PM	Game Rotation	Off-ice WSC Front Lot
4:00 PM	4:45 PM	Small Games	On-Ice
4:45 PM		Pick up	

12U Group Weekly Schedule		Lead Instructor: PJ Quinn	
10:10 AM	10:50 AM	Powerskating	On-Ice
11:05 AM	11:40 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
11:45 AM	12:15 PM	Lunch	Off-ice WSC Upstairs
12:15 PM	12:55 PM	Stick and Puck Skills	Off-ice WSC Front Lot
1:25 PM	2:10 PM	Skill Stations	On-Ice
2:30 PM	2:45 PM	Snack	Café
2:45 PM	4:15 PM	Game Rotation	Off-ice WSC Front Lot
4:45 PM	5:45 PM	Small Games	On-Ice
5:45 PM		Pick up	

14U Group Weekly Schedule		Lead Instructor: John Williams	
8:40 AM	9:20 AM	Powerskating	On-Ice
9:45 AM	10:20 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
10:20 AM	10:40 AM	Snack	Café
10:40 AM	11:20 AM	Stick and Puck Skills	Off-ice WSC Front Lot
11:45 AM	12:30 PM	Skill Stations	On-Ice
12:45 PM	1:15 PM	Lunch	Off-ice WSC Upstairs
1:25 PM	2:40 PM	Game Rotation	Off-ice WSC Front Lot
3:05 PM	3:50 PM	Small Games	On-Ice
3:50 PM		Pick up	

### WSC Camp Staff:

John Williams, PJ Quinn, Rich Podulka, Matt Loftus, Matt Gingras, Josh Foley, Frank Blust