

## WSC July Hockey Camp Schedule

July 22nd - 25th

<b>8U Group</b>			
<b>Staff</b>			
<b>John Williams and Josh Foley</b>			
8:00 AM	8:40 AM	Powerskating	On-Ice
8:50 AM	9:10 AM	Snack	Café
9:10 AM	9:45 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
10:10 AM	11:00 AM	Skill Stations	On-Ice
11:20 AM	12:00 PM	Lunch	Off-ice WSC Upstairs
12:05 PM	12:40 PM	Stick and Puck Skills	Off-ice WSC Front Lot
1:00 PM	1:50 PM	Small Games	On-Ice
2:00 PM	2:30 PM	Game Rotation	Off-Ice SCH
Pick up			
<b>10U Group</b>			
<b>Staff</b>			
<b>PJ Quinn and Justin Holmes</b>			
8:40 AM	9:20 AM	Powerskating	On-Ice
9:45 AM	10:30 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
10:30 AM	10:50 AM	Snack	Café
11:10 AM	12:00 PM	Skill Stations	On-Ice
12:20 PM	12:50 PM	Lunch	Off-ice WSC Upstairs
12:50 PM	1:30 PM	Stick and Puck Skills	Off-ice WSC Front Lot
1:50 PM	2:40 PM	Small Games	On-Ice
2:50 PM	3:30 PM	Game Rotation	Off-Ice SCH
Pick up			
<b>12U and 14U Group</b>			
<b>Staff</b>			
<b>John Williams (M/W), PJ Quinn (T/Thr), Matt Gingras</b>			
8:30 AM	9:10 AM	Stretch, Agility, Relays	Off-ice WSC Front Lot
9:30 AM	10:10 AM	Powerskating	On-Ice
10:30 AM	10:50 AM	Snack	Café
10:50 AM	11:30 AM	Stick and Puck Skills	Off-ice WSC Front Lot
12:00 PM	12:50 PM	Skill Stations	On-Ice
1:10 PM	1:40 PM	Lunch	Off-ice WSC Upstairs
1:40 PM	2:30 PM	Game Rotation	Off-ice SCH
2:50 PM	3:40 PM	Small Games	On-Ice
Pick up			