

# 2022 Elite Camp Schedule (Draft)

## **Tuesday, June 28th**

1:00 - 1:30	Check In	Goalrobber Facility
1:30 - 2:00	Intros	Goalrobber Facility
2:15 - 3:15	Pillar Prep and Eye Warm Up	Goalrobber Facility
3:30 - 4:30	Seminar	Goalrobber Facility
4:30 - 5:30	Dinner Break	Own Your Own
6:00 - 7:30	On-Ice Session #1	VFW2
7:45 - 8:15	Active Recovery	VFW2

## **Wednesday, June 29th**

9:30 - 10:30	Pre-Skate Primer	Starion Sports Complex
11:00 - 12:30	On-Ice Session #2	Starion Sports Complex
12:30 - 1:30	Lunch	On Your Own
1:30 - 1:45	Pre-Skate Primer	On Your Own VFW2
2:15 - 3:45	On-Ice Session #3	VFW2
4:30 - 5:15	Film/Vision Split <ul style="list-style-type: none"><li>Rush Management (VR)</li></ul>	Goalrobber Facility
5:30 - 6:15	Film/Vision Split <ul style="list-style-type: none"><li>Rush Management (VR)</li></ul>	Goalrobber Facility
6:30 - 7:30	Dinner	On Your Own
7:30	Goalrobber Social	Goalrobber Facility

## **Thursday, June 30th**

9:30 - 10:30	Pre-Skate Primer	Starion Sports Complex
11:00 - 12:30	On-Ice Session #4	Starion Sports Complex
12:30 - 1:30	Lunch	On Your Own
1:30 - 2:30	Post-Camp Interviews <ul style="list-style-type: none"><li>Goalies can recover/foam roll on own at Goalrobber</li></ul>	Goalrobber Facility
3:15 - 4:45	On-Ice Session #5	VFW2