2023 Bismarck Tentative Schedule

Friday, July 28th:

12:30 - 1:00 Check In - Capital Ice Complex Lobby
1:00 - 1:30 Intro/Welcome Meeting (Parent/Goalie)
2:00 - 3:30 Group 1 On-Ice Basic Saves
2:00 - 3:15 Group 2 Off-Ice (Butzie) VISION
3:45 - 5:15 Group 2 On-Ice Basic Saves
4:00 - 5:15 Group 1 Off-Ice (Butzie) VISION
DINNER BREAK (On Your Own)
7:00 - 7:30 Group 2 Goalie Seminar (Butzie) GEAR
7:00 - 7:30 Group 1 Recovery/Mindful Meditation (Speidy)
7:45 - 8:15 Group 1 Goalie Seminar (Butzie) GEAR
7:45 - 8:15 Group 2 Recovery/Mindful Meditation (Speidy)

Saturday, July 29th:

8:30 - 9:30 Group 1 On-Ice (Speidy)
8:30 - 9:30 Group 2 Off-Ice (Butzie) MOVEMENTS
9:45 - 10:45 Group 2 On-Ice (Speidy)
9:45 - 10:45 Group 1 Off-Ice (Butzie) MOVEMENTS
11:00 - 11:30 Group 1 Goalie Seminar (Butzie) STICKHANDLING/MOBILITY
11:00 - 11:30 Group 2 Goalie (Speidy) Film?? Mental Skills? VR?
11:30 - 12:00 Group 1 Goalie Seminar (Speidy) Film?? Mental Skills? VR?
11:30 - 12:00 Group 2 Goalie Seminar (Butzie) STICKHANDLING/MOBILITY
LUNCH BREAK (On your own)
1:15 - 2:45 Group 1 On-Ice (Butzie)
1:15 - 2:30 Group 2 Off-Ice (Hanny, Kaden, Odie) VISION
3:00 - 4:30 Group 2 On-Ice (Butzie)
3:15 - 4:30 Group1 Off-Ice (Hanny, Kaden, Odie) VISION
4:45 - 5:15 Group 1 Goalie Seminar (Butzie) ACTIVE TALK OR RECOVERY
4:45 - 5:15 Group 2 Goalie Seminar (Guest Speaker? QUINN TEAMMATE CHAT?)
5:30 - 6:00 Group 1 Goalie Seminar (Butzie) ACTIVE TALK OR RECOVERY
5:30 - 6:00 Group 2 Goalie Seminar (Guest Speaker? QUINN TEAMMATE CHAT?)

Sunday, July 30th:

8:00 - 9:00 All Goalie Seminar (Speidy)
9:30 - 11:00 Group 1 On-Ice (Both)
9:30 - 10:45 Group 2 Off-Ice (Hanny, Kaden, Odie)
11:15 - 12:45 Group 2 On-Ice (Both)
11:30 - 12:45 Group 1 Off-Ice (Hanny, Kaden, Odie)
1:15 Exit Meeting (Parent/Goalie)