

ALL GIRLS CAMP SCHEDULE



Thursday, June 22nd

- 11:00 - 11:30 Check In (Goalrobber)
- 11:30 - 12:00 Intro Meeting (Goalrobber)
- 12:00 - 12:45 Off Ice Mobility (Goalrobber)
- 1:00 - 1:45 Off Ice Vision Training (Goalrobber)
- Lunch Break Transition To Rink**
- 3:15 - 4:15 On Ice Session #1 (Wachter)
- 4:15 - 5:15 On Ice Session #2 (Wachter)
- Dinner Break (Not Provided)**
- 6:30 - 7:15 Off Ice Goalie Seminar (Goalrobber)
- 7:15 - 8:00 Off Ice Recovery (Goalrobber)

Friday, June 23rd

- 8:00 - 8:30 Off Ice Primer (Starion Sports Complex)
- 9:00 - 10:30 On Ice Session #3 (Starion Sports Complex)
- Lunch (Not Provided)**
- 12:00 - 12:45 Off Ice Goalie Seminar (Goalrobber)
- 12:45 - 1:30 Off Ice Vision Training (Goalrobber)
- 2:45 - 4:15 On Ice Session #4 (Wachter)



Wachter (Capital Ice Complex)
1504 Wichita Dr,
Bismarck, ND 58504



Goalrobber Hockey Schools
1341 S 20th St Suite #5,
Bismarck, ND 58504



Starion Sports Complex
111 Old Red Trail,
Mandan, ND 58554