

# BISMARCK, ND CAMP SCHEDULE



## Friday, July 28th:

12:30 - 1:00 Check In

\* *Capital Ice Complex Lobby*

1:00 - 1:30 Intro/Welcome Meeting (*Parents*)

2:00 - 3:30 Group 1 On-Ice

2:00 - 3:15 Group 2 Off-Ice

4:00 - 5:15 Group 1 Off-Ice

3:45 - 5:15 Group 2 On-Ice

DINNER BREAK (On Your Own)

7:00 - 7:30 Group 1 Recovery

7:00 - 7:30 Group 2 Seminar

7:45 - 8:15 Group 1 Seminar

7:45 - 8:15 Group 2 Recovery

## Saturday, July 29th:

8:30 - 9:30 Group 1 On-Ice

8:30 - 9:30 Group 2 Off-Ice

9:45 - 10:45 Group 1 Off-Ice

9:45 - 10:45 Group 2 On-Ice

11:00 - 11:30 Group 1 Seminar

11:00 - 11:30 Group 2 Seminar (*Parents Welcomed!*)

11:30 - 12:00 Group 1 Seminar (*Parents Welcomed!*)

11:30 - 12:00 Group 2 Seminar

LUNCH SOCIAL 12:00 - 1:00

\* *BBQ in the park provided (Families Welcomed!)*

1:15 - 2:45 Group 1 On-Ice

1:15 - 2:30 Group 2 Off-Ice

3:15 - 4:30 Group 1 Off-Ice

3:00 - 4:30 Group 2 On-Ice

4:45 - 5:15 Group 1 Seminar

4:45 - 5:15 Group 2 Seminar

5:30 - 6:00 Group 1 Seminar

5:30 - 6:00 Group 2 Seminar

"EXPECT  
GREAT  
THINGS"

## Sunday, July 30th:

8:00 - 9:00 All Goalies Seminar

9:30 - 11:00 Group 1 On-Ice

9:30 - 10:45 Group 2 Off-Ice

11:30 - 12:45 Group 1 Off-Ice

11:15 - 12:45 Group 2 On-Ice

1:15 Exit Meeting (*Parents*)



**Capital Ice Complex**  
**1504 Wichita Dr.**  
**Bismarck, ND 58504**