



USA Hockey Central District Girls
 Player Development Camp
 June 12 - 16, 2022



Sunday, June 12 ALL STAFF		Sunday, June 12 CHECK IN 45 Min	
12:30 PM Mandatory Staff Meeting @ CCC		12:30 PM Staff	CCC Rink 3 Lobby
		1:00 PM Red and Blue	CCC Rink 3 Lobby
		1:30 PM White and Gold	CCC Rink 3 Lobby
		2:00 PM Gray and Black	CCC Rink 3 Lobby
		2:30 PM Green and Sky	CCC Rink 3 Lobby
Sunday, June 12 Team Red and Team Blue		Sunday, June 12 ON ICE 60 Min	
1:00 PM Check In		2:00 PM Red and Blue	CCC Rink 1
1:30 PM Warm Up		2:30 PM White and Gold	CCC Rink 3
2:00 PM On Ice Team Practice		3:00 PM Gray and Black	CCC Rink 1
3:00 PM Cool Down		3:30 PM Green and Sky	CCC Rink 3
3:30 PM Dinner		4:30 PM Goalie Session	CCC Rink 1
4:30 PM Team Meeting and Warm Up		5:30 PM Red vs Blue	CCC Rink 1
5:30 PM Red vs Blue		6:00 PM White vs Gold	CCC Rink 3
7:00 PM Cool Down		7:00 PM Gray vs Black	CCC Rink 1
7:30 PM Bus Departs to Tundra Lodge		7:30 PM Green vs Sky	CCC Rink 3
Sunday, June 12 Team White and Team Gold		Sunday, June 12 WARM UP AND COOL DOWN 15 Min	
1:30 PM Check In		1:30 PM Red and Blue Warm Up	CCC Mindright
2:00 PM Warm Up		2:00 PM White and Gold Warm Up	CCC Mindright
2:30 PM On Ice Team Practice		2:30 PM Gray and Black Warm Up	CCC Mindright
3:30 PM Cool Down		3:00 PM Green and Sky Warm Up	CCC Mindright
4:00 PM Dinner		3:00 PM Red and Blue Cool Down	CCC Mindright
5:00 PM Team Meeting and Warm Up		3:30 PM White and Gold Cool Down	CCC Mindright
6:00 PM White vs Gold		4:00 PM Gray and Black Cool Down	CCC Mindright
7:30 PM Cool Down		4:30 PM Green and Sky Cool Down	CCC Mindright
8:00 PM Bus Departs to Tundra Lodge		5:00 PM Red and Blue Warm Up	CCC Mindright
Sunday, June 12 Team Gray and Team Black		5:30 PM White and Gold Warm Up	CCC Mindright
2:00 PM Check In		6:00 PM Gray and Black Warm Up	CCC Mindright
2:30 PM Warm Up		6:30 PM Green and Sky Warm Up	CCC Mindright
3:00 PM On Ice Team Practice		7:00 PM Red and Blue Cool Down	CCC Mindright
4:00 PM Cool Down		7:30 PM White and Gold Cool Down	CCC Mindright
4:30 PM Dinner		8:30 PM Gray and Black Cool Down	CCC Mindright
5:30 PM Team Meeting and Warm Up		9:00 PM Green and Sky Cool Down	CCC Mindright
7:00 PM Gray vs Black		Sunday, June 12 DINNER 30 Min	
8:30 PM Cool Down		3:30 PM Red and Blue	CCC Rink 1 Lobby
9:00 PM Bus Departs to Tundra Lodge		4:00 PM White and Gold	CCC Rink 1 Lobby
Sunday, June 12 Team Green and Team Sky		4:30 PM Gray and Black	CCC Rink 1 Lobby
2:30 PM Check In		5:00 PM Green and Sky	CCC Rink 1 Lobby
3:00 PM Warm Up		Sunday, June 12 BUS	
3:30 PM On Ice Team Practice		7:30 PM Red and Blue	Cornerstone CC Bus Loading
4:30 PM Cool Down		8:00 PM White and Gold	Cornerstone CC Bus Loading
5:00 PM Dinner		9:00 PM Gray and Black	Cornerstone CC Bus Loading
6:00 PM Team Meeting and Warm Up		9:30 PM Green and Sky	Cornerstone CC Bus Loading
7:30 PM Green vs Sky		Arrive at Cornerstone Community Center Rink 3 Lobby (near Pro Shop) to check in at your designated time on Sunday. Area will be reserved for each team to keep personal items for hotel. Transportation will be provided to hotel following last ice session.	
9:00 PM Cool Down		*Each camp participant will receive one complimentary skate sharpening	
9:30 PM Bus Departs to Tundra Lodge		*Tundra Lodge provides typical hotel amenities - bedding, pillows, towels, etc. Players may want to bring additional personal items, if preferred	
07 & 08 Red, White, Blue, Gold, Gray, Black		*All meals and snacks are provided - camp participants may bring some additional spending \$ if they wish	
05 & 06 Green, Sky			

Items to Bring to Camp
 Full hockey equipment - jersey and socks provided
 mouthguard
 sticks (2)
 athletic shoes/socks
 athletic apparel for off ice training - camp shirt provided
 toiletries
 extra towel
 swim suit
 sweatshirt/sweat pants and light jacket
 string bag
 watch
 water bottle
 notebook and pen



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Monday, June 13 Team Red and Team Black		Monday, June 13 BREAKFAST/DINNER 30 Min	
6:15 AM	Wake Up	6:30 AM	Red and Black Tundra Lodge
6:30 AM	Breakfast	7:00 AM	White and Gray Tundra Lodge
7:00 AM	Bus Departs for CCC	8:00 AM	Blue and Gold Tundra Lodge
7:15 AM	Warm Up	8:30 AM	Green and Sky Tundra Lodge
8:00 AM	On Ice	5:30 PM	Red and Black Tundra Lodge
9:30 AM	Cool Down	6:00 PM	White and Gray Tundra Lodge
9:45 AM	Snack and Team Meeting (Team Concepts 1vs1 2vs1)	6:30 PM	Blue and Gold Tundra Lodge
11:00 AM	On Ice Defense	7:00 PM	Green and Sky Tundra Lodge
11:30 AM	On Ice Forwards	Monday, June 13 LUNCH 30 Min	
12:00 PM	Lunch Defense	11:30 AM	Blue and Gold
12:30 PM	Lunch Forwards	12:00 PM	Red and Black Defense, Green and Sky
2:00 PM	Warm Up	12:30 PM	Red and Black Forwards, White
2:45 PM	Team Red vs Team Black	2:00 PM	Gray
4:15 PM	Cool Down	Monday, June 13 ON ICE	
5:00 PM	Bus Departs for Tundra Lodge	8:00 AM	Red and Black CCC 1
5:30 PM	Dinner	8:30 AM	White and Gray CCC 3
Monday, June 13 Team White and Team Gray		9:30 AM	Blue and Gold CCC 1
6:45 AM	Wake Up	10:00 AM	Green and Sky CCC 3
7:00 AM	Breakfast	11:00 AM	Defense Red/Black/White CCC 1
7:30 AM	Bus Departs for CCC	11:30 AM	Forwards Red/Black/White CCC 3
7:45 AM	Warm Up	12:15 PM	Defense Gray/Blue/Gold CCC 1
8:30 AM	On Ice	12:45 PM	Forwards Gray/Blue/Gold CCC 3
10:00 AM	Cool Down	1:30 PM	Defense Green/Sky CCC 1
10:15 AM	Snack and Team Meeting (Team Concepts 1vs1 2vs1)	2:00 PM	Forwards Green/Sky CCC 3
11:00 AM	On Ice Defense-White	2:45 PM	Team Red vs Team Black CCC 1
11:30 AM	On Ice Forwards-White	3:15 PM	Team White vs Team Gray CCC 3
12:15 PM	On Ice Defense-Gray	4:15 PM	Team Blue vs Team Gold CCC 1
12:45 PM	On Ice Forwards-Gray	4:45 PM	Team Green vs Team Sky CCC 3
12:30 PM	Lunch White	Monday, June 13 WARM UP AND COOL DOWN 15 Min	
2:00 PM	Lunch Gray	7:15 AM/9:30 AM	Red and Black CCC Mindright
2:30 PM	Warm Up	7:45 AM/ 10:00 AM	White and Gray CCC Mindright
3:15 PM	Team White vs Team Gray	8:45 AM/ 11:00 AM	Blue and Gold CCC Mindright
4:45 PM	Cool Down	9:15 AM/11:30 AM	Green and Sky CCC Mindright
5:30 PM	Bus Departs for Tundra Lodge	2:00 PM/4:15 PM	Red and Black CCC Mindright
6:00 PM	Dinner	2:30 PM/4:45 PM	White and Gray CCC Mindright
Monday, June 13 Team Blue and Team Gold		3:30 PM/5:45 PM	Blue and Gold CCC Mindright
7:45 AM	Wake Up	4:00 PM/6:15 PM	Green and Sky CCC Mindright
8:00 AM	Breakfast	Monday, June 13 BUS	
8:30 AM	Bus Departs for CCC	7:00 AM	Red and Black Tundra Lodge Bus Loading
8:45 AM	Warm Up	7:30 AM	White and Gray Tundra Lodge Bus Loading
9:30 AM	On Ice	8:30 AM	Blue and Gold Tundra Lodge Bus Loading
11:00 AM	Cool Down	9:00 AM	Green and Sky Tundra Lodge Bus Loading
11:30 AM	Lunch	5:00 PM	Red and Black Cornerstone CC Bus Loading
12:15 PM	On Ice Defense	5:30 PM	White and Gray Cornerstone CC Bus Loading
12:45 PM	On Ice Forwards	6:15 PM	Blue and Gold Cornerstone CC Bus Loading
2:15 PM	Snack and Team Meeting (Team Concepts 1vs1 2vs1)	6:45 PM	Green and Sky Cornerstone CC Bus Loading
3:30 PM	Warm Up	7:30 PM	Presentation-NCAA Recruiting and College Player Panel
4:15 AM	Team Blue vs Team Gold	10:00 PM	Lights Out
5:45 PM	Cool Down		
6:15 PM	Bus Departs for Tundra Lodge		
6:30 PM	Dinner		
Monday, June 13 Team Green and Team Sky			
8:15 AM	Wake Up	1:30 PM	On Ice Defense
8:30 AM	Breakfast	2:00 PM	On Ice Forwards
9:00 AM	Bus Departs for CCC	3:30 PM	Snack and Team Meeting (Team Concepts 1vs1 2vs1)
9:15 AM	Warm Up	4:00 PM	Warm Up
10:00 AM	On Ice	4:45 PM	Team Green vs Team Sky
11:30 AM	Cool Down	6:15 PM	Cool Down
12:00 PM	Lunch	6:45 PM	Bus Departs for Tundra Lodge
		7:00 PM	Dinner



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Tuesday, June 14 Team Blue and Team Gray		Tuesday, June 14 BREAKFAST/DINNER 30 Min	
6:15 AM	Wake Up	6:30 AM	Blue and Gray Tundra Lodge
6:30 AM	Breakfast	7:00 AM	Black and White Tundra Lodge
7:00 AM	Bus Departs for CCC	8:00 AM	Red and Gold Tundra Lodge
7:15 AM	Warm Up	8:30 AM	Green and Sky Tundra Lodge
8:00 AM	On Ice	5:30 PM	Blue and Gray Tundra Lodge
9:30 AM	Cool Down	6:00 PM	Black and White Tundra Lodge
9:45 AM	Mindright - Blue	6:30 PM	Red and Gold Tundra Lodge
9:45 AM	Off Ice - Gray	7:00 PM	Green and Sky Tundra Lodge
10:30 AM	Snack and Presentation	Tuesday, June 14 LUNCH 30 MIN	
11:30 AM	Lunch	11:30 AM	Blue and Gray, Red and Gold
1:00 PM	Warm Up	12:00 PM	Green and Sky
2:00 PM	Team Blue vs Team Gray	12:30 PM	Black and White
3:30 PM	Cool Down	Tuesday, June 14 ON ICE 80 MIN	
4:00 PM	Bus Departs for Tundra Lodge	8:00 AM	Blue and Gray CCC 1
5:30 PM	Dinner	8:30 AM	Black and White CCC 3
Tuesday, June 14 Team Black and Team White		9:30 AM	Red and Gold CCC 1
6:45 AM	Wake Up	10:00 AM	Green and Sky CCC 3
7:00 AM	Breakfast	2:00 PM	Team Blue vs Team Gray CCC 1
7:30 AM	Bus Departs for CCC	2:30 PM	Team Black vs Team White CCC 3
7:45 AM	Warm Up	3:30 PM	Team Red vs Team Gold CCC 1
8:30 AM	On Ice	4:00 PM	Team Green vs Team Sky CCC 3
10:00 AM	Cool Down	Tuesday, June 14 Mindright Training 45 MIN	
10:30 AM	Mindright - Black	9:45 AM	Blue Mindright
10:30 AM	Off Ice - White	10:30 AM	Black Mindright
11:30 AM	Snack and Presentation	12:30 PM	Red Mindright
12:30 PM	Lunch	1:30 PM	Green Mindright
1:30 PM	Warm Up	Tuesday, June 14 OFF ICE TRAINING 45 MIN	
2:30 PM	Team Black vs Team White	9:45 AM	Gray B9 Training Center
4:00 PM	Cool Down	10:30 AM	White B9 Training Center
4:30 PM	Bus Departs for Tundra Lodge	12:30 PM	Gold B9 Training Center
6:00 PM	Dinner	1:30 PM	Sky B9 Training Center
Tuesday, June 14 Team Red vs Team Gold		Tuesday, June 14 Presentations 50 MIN - Performance Nutrition	
7:45 AM	Wake Up	10:30 AM	Blue and Gray Rinkside Room
8:00 AM	Breakfast	11:30 AM	Black and White Rinkside Room
8:30 AM	Bus Departs for CCC	1:15 PM	Red and Gold Rinkside Room
8:45 AM	Warm Up	2:15 PM	Green and Sky Rinkside Room
9:30 AM	On Ice	Tuesday, June 14 BUS 15 Min	
11:00 AM	Cool Down	7:00 AM	Blue and Gray Tundra Lodge Bus Loading
11:30 AM	Lunch	7:30 AM	Black and White Tundra Lodge Bus Loading
12:30 PM	Mindright - Red	8:30 AM	Red and Gold Tundra Lodge Bus Loading
12:30 PM	Off Ice - Gold	9:00 AM	Green and Sky Tundra Lodge Bus Loading
1:15 PM	Snack and Presentation	4:00 PM	Blue and Gray Cornerstone CC Bus Loading
2:30 PM	Warm Up	4:30 PM	Black and White Cornerstone CC Bus Loading
3:30 PM	Team Red vs Team Gold	5:30 PM	Red and Gold Cornerstone CC Bus Loading
5:00 PM	Cool Down	6:00 PM	Green and Sky Cornerstone CC Bus Loading
5:30 PM	Bus Departs for Tundra Lodge	Tuesday, June 14 Team Green and Team Sky	
6:30 PM	Dinner	8:15 AM	Wake Up
Tuesday, June 14 Team Green and Team Sky		8:30 AM	Breakfast
8:15 AM	Wake Up	9:00 AM	Bus Departs for CCC
8:30 AM	Breakfast	9:15 AM	Warm Up
9:00 AM	Bus Departs for CCC	10:00 AM	On Ice
9:15 AM	Warm Up	11:30 AM	Cool Down
10:00 AM	On Ice	12:00 PM	Lunch
11:30 AM	Cool Down	1:30 PM	Mindright - Green
12:00 PM	Lunch	1:30 PM	Off Ice - Sky
1:30 PM	Mindright - Green	2:15 PM	Snack and Presentation
1:30 PM	Off Ice - Sky	3:15 PM	Warm Up
		4:00 PM	Team Green vs Team Sky
		5:30 PM	Cool Down
		6:00 PM	Bus Departs for Tundra Lodge
		7:00 PM	Dinner

10:00 PM Lights Out



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Wednesday, June 15 Team Gold and Team Black		Wednesday, June 15 BREAKFAST/DINNER 30 Min	
8:30 AM	Wake Up	8:15 AM	Green and Sky Tundra Lodge
9:00 AM	Breakfast	9:00 AM	Gold and Black Tundra Lodge
9:30 AM	Bus Departs for CCC	9:45 AM	Red and Gray Tundra Lodge
10:00 AM	Mindright-Gold	10:30 AM	White and Blue Tundra Lodge
10:00 AM	Off Ice - Black	5:30 PM	Green and Sky Tundra Lodge
11:00 AM	Lunch	5:30 PM	Gold and Black Tundra Lodge
12:00 PM	Forwards Gold and Black	7:00 PM	Red and Gray Tundra Lodge
12:00 PM	Defense Gold and Black	7:00 PM	White and Blue Tundra Lodge
1:15 PM	Presentation	Wednesday, June 15 LUNCH 30 Min	
3:00 PM	Gold vs Black	11:00 AM	Gold and Black
4:30 PM	Cool Down	11:45 AM	Red and Gray
5:00 PM	Bus Departs for CCC	12:30 PM	Green and Sky
5:30 PM	Dinner	12:45 PM	White and Blue
Wednesday, June 15 Team Red and Team Gray		Wednesday, June 15 ON ICE	
9:15 AM	Wake Up	10:00 AM	Goalie Session CCC 3
9:45 AM	Breakfast	11:00 AM	Forwards Green and Sky CCC 3
10:15 AM	Bus Departs for CCC	11:00 AM	Defense Green and Sky CCC 1
10:45 AM	Mindright-Gray	12:00 PM	Forwards Gold and Black CCC 3
10:45 AM	Off Ice - Red	12:00 PM	Defense Gold and Black CCC 1
11:45 AM	Lunch	1:00 PM	Forwards Red and Gray CCC 3
1:00 PM	Forwards Red and Gray	1:00 PM	Defense Red and Gray CCC 1
1:00 PM	Defense Red and Gray	2:00 PM	Forwards White and Blue CCC 3
3:00 PM	Presentation	2:00 PM	Defense White and Blue CCC 1
4:30 PM	Red vs Gray	3:00 PM	Green vs Sky CCC 1
6:00 PM	Cool Down	3:00 PM	Gold vs Black CCC 3
6:30 PM	Bus Departs for CCC	4:30 PM	Red vs Gray CCC 1
7:00 PM	Dinner	4:30 PM	White vs Blue CCC 3
Wednesday, June 15 Team White and Team Blue		Wednesday, June 15 Mindright Training	
10:00 AM	Wake Up	9:15 AM	Sky Mindright
10:30 AM	Breakfast	10:00 AM	Gold Mindright
11:00 AM	Bus Departs for CCC	10:45 AM	Gray Mindright
11:30 AM	Mindright-White	11:30 AM	White Mindright
11:30 AM	Off Ice -Blue	Wednesday, June 15 Off Ice Training	
12:45 PM	Lunch	9:15 AM	Green B9 Training Center
2:00 PM	Forwards White and Blue	10:00 AM	Black B9 Training Center
2:00 PM	Defense White and Blue	10:45 AM	Red B9 Training Center
3:00 PM	Presentation	11:30 AM	Blue B9 Training Center
4:30 PM	White vs Blue	Wednesday, June 15 Presentation - Coyne	
6:00 PM	Cool Down	1:15 PM	Green, Sky, Gold and Black Rinkside Room
6:30 PM	Bus Departs for CCC	3:00 PM	Red, Gray, White and Blue Rinkside Room
7:00 PM	Dinner	Wednesday, June 15 BUS	
Wednesday, June 15 Team Green and Team Sky		8:45 AM	Green and Sky Tundra Lodge Bus Loading
7:45 AM	Wake Up	9:30 AM	Gold and Black Tundra Lodge Bus Loading
8:15 AM	Breakfast	10:15 AM	Red and Gray Tundra Lodge Bus Loading
8:45 AM	Bus Departs for CCC	11:00 AM	White and Blue Tundra Lodge Bus Loading
9:15 AM	Mindright - Sky	5:00 PM	Green and Sky Cornerstone CC Bus Loading
9:15 AM	Off Ice-Green	5:00 PM	Gold and Black Cornerstone CC Bus Loading
11:00 AM	Forwards Green and Sky	6:30 PM	Red and Gray Cornerstone CC Bus Loading
11:00 AM	Defense Green and Sky	6:30 PM	White and Blue Cornerstone CC Bus Loading
12:30 PM	Lunch	10:00 PM	Lights Out
1:15 PM	Presentation		
3:00 PM	Green vs Sky		
4:30 PM	Cool Down		
5:00 PM	Bus Departs for CCC		
5:30 PM	Dinner		



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Thursday, June 16 Team Red and Team White		Thursday, June 16 BREAKFAST 30 Min	
6:15 AM	Wake Up	6:30 AM	Red and White Tundra Lodge
6:30 AM	Breakfast	7:00 AM	Gold and Gray Tundra Lodge
7:00 AM	Bus Departs for CCC	8:00 AM	Blue and Black Tundra Lodge
7:30 AM	Mindright-Red	8:30 AM	Green and Sky Tundra Lodge
7:30 AM	Off Ice-White		
8:30 AM	On Ice Red and White		
10:00 AM	Evaluations		
11:30 AM	Lunch		
12:30 PM	Mindright-White		
12:30 PM	Off Ice-Red		
2:00 PM	Red vs White		
3:30 PM	Cool Down		
4:00 PM	Finished		
Thursday, June 16 Team Gold and Team Gray		Thursday, June 16 LUNCH 30 Min	
6:45 AM	Wake Up	11:30 AM	Red and White
7:00 AM	Breakfast	12:30 PM	Gold and Gray
7:30 AM	Bus Departs for CCC	1:00 PM	Blue and Black
8:15 AM	Mindright-Gold	2:00 PM	Green and Sky
8:15 AM	Off Ice-Gray		
9:30 AM	On Ice Gold and Gray		
11:00 AM	Evaluations		
12:30 PM	Lunch		
1:15 PM	Mindright-Gray		
1:15 PM	Off Ice-Gold		
2:30 PM	Gold vs Gray		
4:00 PM	Cool Down		
4:30 PM	Finished		
Thursday, June 16 Team Blue and Team Black		Thursday, June 16 ON ICE	
7:45 AM	Wake Up	8:30 AM	Red and White CCC 1
8:00 AM	Breakfast	9:30 AM	Gold and Gray CCC 3
8:30 AM	Bus Departs for CCC	10:00 AM	Blue and Black CCC 1
9:00 AM	Mindright-Blue	11:00 AM	Green and Sky CCC 3
9:00 AM	Off Ice-Black	2:00 PM	Red vs White CCC 1
10:00 AM	On Ice Blue and Black	2:30 PM	Gold vs Gray CCC 3
11:30 AM	Evaluations	3:30 PM	Blue vs Black CCC 1
1:00 PM	Lunch	4:00 PM	Green vs Sky CCC 3
2:00 PM	Mindright-Black		
2:00 PM	Off Ice-Blue		
3:30 PM	Blue vs Black		
5:00 PM	Cool Down		
5:30 PM	Finished		
Thursday, June 16 Team Green and Team Sky		Thursday, June 16 Mindright	
8:00 AM	Wake Up	7:30 AM	Red Mindright
8:30 AM	Breakfast	8:15 AM	Gold Mindright
9:00 AM	Bus Departs for CCC	9:00 AM	Blue Mindright
9:45 AM	Mindright-Green	9:45 AM	Green Mindright
9:45 AM	Off Ice-Sky	12:30 PM	White Mindright
11:00 AM	On Ice Green and Sky	1:15 PM	Gray Mindright
12:30 PM	Evaluations	2:00 PM	Black Mindright
2:00 PM	Lunch	2:45 PM	Sky Mindright
		Thursday, June 16 Off Ice	
		7:30 AM	Red B9 Training Center
		8:15 AM	Gold B9 Training Center
		9:00 AM	Blue B9 Training Center
		9:45 AM	Green B9 Training Center
		12:30 PM	White B9 Training Center
		1:15 PM	Gray B9 Training Center
		2:00 PM	Black B9 Training Center
		2:45 PM	Sky B9 Training Center
		Thursday, June 16 BUS	
		7:00 AM	Red and White Tundra Lodge Bus Loading
		7:30 AM	Gold and Gray Tundra Lodge Bus Loading
		8:30 AM	Blue and Black Tundra Lodge Bus Loading
		9:00 AM	Green and Sky Tundra Lodge Bus Loading

Thursday, June 16 Team Green and Team Sky	
8:00 AM	Wake Up
8:30 AM	Breakfast
9:00 AM	Bus Departs for CCC
9:45 AM	Mindright-Green
9:45 AM	Off Ice-Sky
11:00 AM	On Ice Green and Sky
12:30 PM	Evaluations
2:00 PM	Lunch
2:45 PM	Mindright
2:45 PM	Off Ice
4:00 PM	Green vs Sky
5:30 PM	Cool Down
6:00 PM	Finished

Parent pick up at Cornerstone Rink following final game and cool down