



U13 SCHEDULE

DAY 1 - Thursday Feb 15

3:00-4:45pm	U13 Registration		
5:00-6:00pm	U13	Power Skating	Ed Jeske Arena
4:00-7:00pm	Open to everyone	Open Gym/Free Play	DND Gym

DAY 2 - Friday Feb 16

8:15-8:45am	U13	Functional Warm-up	DND Gym
9:15-10:15am	U13	On-Ice Skills & SAGs	Ed Jeske Arena
11:00-11:30am	U13	Off-Ice	DND Gym
11:45am-12:45pm	U13 Goalies Only	Goaltending Session	Shorty Brown Arena
12:00-1:00pm	U13	Lunch	Multiplex Upstairs
12:30-1:15pm	U13	Mental Skills	Multiplex Meeting Room
1:30-2:15pm	U13 Goalies Only	Mental Skills	Multiplex Meeting Room
3:30-4:30pm	Open to everyone	Arctic Games Demonstration	DND Gym
4:30-5:00pm	Open to everyone	Opening Ceremonies	DND Gym
5:00-7:30pm	Open to everyone	PWHL Viewing Party <i>Dinner provided</i> Hockey Canada Alumni Hotstove @ 2nd Intermission	DND Gym

DAY 3 - Saturday Feb 17

8:45-9:30am	U13	Mental Skills	Multiplex Meeting Room
10:15-11:15am	U13	On-Ice Skating & Skills	Ed Jeske Arena
11:30-12:30pm	Open to everyone	Player Development Presentation: Cherie Piper	Multiplex Meeting Room
1:00-2:00pm	Open to everyone	Modelling the Way Presentation: Chelsea Currie	Multiplex Meeting Room
3:30-3:45pm	U13	Functional Warm-up	DND Gym
4:30-6:30pm	U13	Global Girls Game	Ed Jeske Arena
7:00-8:00pm	U13	Global Girls Game Dinner	Multiplex Upstairs

DAY 4 - Sunday Feb 18

10:30-11:30am	U13	Off-Ice	DND Gym
12:00-1:00pm	U13	SAGs	Ed Jeske Arena
3:45-4:45pm	U13	Scrimmage	Ed Jeske Arena
5:00pm	U13 Event Wrap-up		