

PRO-D DAY GOALIE CAMPS

October 21st

12:30pm – 5:15pm (OHTC)

GROUP #1 - U13

12:30pm	Drop off
12:45pm - 1:15pm	Warm Up
1:30pm - 2:15pm	Technical Skate
2:30pm - 3:45pm	Shooting Ice time
4:15pm - 5:15pm	Goalie Dryland

GROUP #2 - U18

12:30pm	Drop off
12:45pm - 1:15pm	Warm Up
1:30pm - 2:15pm	Technical Skate
2:45pm - 3:30pm	Goalie Dryland
4:00pm - 5:15pm	Shooting Ice time

November 10th

12:30pm - 5:15pm (OHTC)

GROUP #1 - U13

12:30pm	Drop off
12:45pm - 1:15pm	Warm Up
1:30pm - 2:30pm	Technical Skate
2:45pm - 3:45pm	Shooting Ice time
4:15pm - 5:15pm	Goalie Dryland

GROUP #2 - U18

12:30pm	Drop off
12:45pm - 1:15pm	Warm Up
1:30pm - 2:30pm	Technical Skate
2:45pm - 3:45pm	Goalie Dryland
4:00pm - 5:00pm	Shooting Ice time

January 16th

7:30am-12:30pm (OHTC)

GROUP #1 - U13

7:30am	Drop off
8:00am - 8:45pm	Technical Skate
9:00am - 10:15am	Shooting Ice time
10:45am - 11:45am	Goalie Dryland
12:00pm - 12:30pm	Cool Down

GROUP #2 - U18

7:30am	Drop off
8:00am - 8:45pm	Technical Skate
9:15am - 10:15am	Goalie Dryland
10:30am - 11:45am	Shooting Ice time
12:00pm - 12:30pm	Cool Down

February 17th

7:30am-12:30pm (OHTC)

GROUP #1 - U13

7:30am	Drop off
8:00am - 8:45pm	Technical Skate
9:00am - 10:15am	Shooting Ice time
10:45am - 11:45am	Goalie Dryland
12:00pm - 12:30pm	Cool Down

GROUP #2 - U18

7:30am	Drop off
8:00am - 8:45pm	Technical Skate
9:15am - 10:15am	Goalie Dryland
10:30am - 11:45am	Shooting Ice time
12:00pm - 12:30pm	Cool Down

April 24th

8:30am-1:30pm (OHTC)

GROUP #1 - U13

8:30am	Drop off
9:00am - 9:45pm	Technical Skate
10:00am - 11:15am	Shooting Ice time
11:45am - 12:45pm	Goalie Dryland
1:00pm - 1:30pm	Cool Down

GROUP #2 - U18

8:30am	Drop off
9:00am - 9:45pm	Technical Skate
10:15am - 11:15am	Goalie Dryland
11:30am - 12:45pm	Shooting Ice time
1:00pm - 1:30pm	Cool Down