

Goalies

Schedules for the following Camps **Cincinnati/Cleveland/Kansas City/Raleigh/Sioux City /Milwaukee/Bemidji week 1 and 2/Binghamtom**

8:30-9:00 AM	Get ready for Ice
9:00-12:00	On -Ice
12:00-12:30 PM	Lunch
12:30-1:30	Video
1:30-2:30	Dry Land Training

Schedule for Tampa Bay		Schedule for Bloomington IL		Schedule for Rockford IL	
7:30am	arrive at rink	7:30-7:45am	arrive at rink	9am	arrive at rink
8:15-9:45 on ice	On Ice Instruction	8:20-11:20am	On Ice Instruction	9:00-10:15	Dry-Land Training
10:00-11am	Video/Lunch	11:30-12:30	Lunch	10:15-10:45	Get dressed
11:45-1:15pm	On-Ice Instruction	12:30-1:30	Video	10:45-1:45	On-Ice Instruction
1:30-2:30pm	Dryland training	1:30-2:30pm	Off Ice Training	2-3pm	Video
2:45pm	Parent Pick up			3pm	Parent Pick Up

Schedule for Huntsville		
Wednesday	6pm-8pm	arrive at UAH
Th-Fri-Sat-Sun	645am	wake up and Breakfast for resident Camper
	8:00am	Leave from UAH for Rink/ Non Resident camper meet at rink 8:30am
	9:00-12:00	On Ice Instruction
	1:00pm	Lunch UAH
	2:00pm-3:00pm	video
	3:00-4:00	Class Room Instruction/ 4pm Non Resident Parent pick up if needed
	4:30pm	Dinner
	5-800pm	Training Facility
	8:30pm	Non Resident Parent spick Option 2
	9pm	Lights out.

Schedule for Greenbay, WI	
9am	arrive at rink
9:00-10:15	Dry-Land Training
10:15-10:45	Get dressed
10:45-1:45	On-Ice Instruction
2-3pm	Video
3pm	Parent Pick Up