

	u17 (43+5)	u15 (33 + 4)	u14 (35 + 6)
7am	check in		
	changing	check in	
7.30am	on ice 75mins		
		dynamic stretching	check in
8am			
		practice plan	classroom
8.30am		changing	
	changing		
9am		on ice 75mins	
	s&C groupA		dynamic stretching
9.30am	gym		
	nutrution		practice plan
10am	change over		changing
ice cut	snacks	changing	
10.30am	groupB		on ice 75mins
	snacks		
11am	classroom		
11.30am		gym group A	
	check out	nutrution	changing
12pm		sand c	
		change over	Lunch
12.30pm		group B	
ice cut			
1pm			gym GroupA
		classroom	nutrution
1.30pm			S and C
			change over
2pm		check out	group B gym
2.30pm			
			check out
3pm			
3.30pm			
4pm			
4.30pm			

5pm

5.30pm

6pm

u13 (27 + 1)

prospects (25)

u11 (51 + 6)

u12 (33 + 5)

	check in		
check in			
	off ice		
classroom	GroupA		
	change over	check in	
	classroom		
dynamic stretching	group B	s&C	
		groupA	
practice plan			
changing	Lunch	change over	
		classroom	
on ice 75mins		group B	check in
	dynamic stretching		
			warm up
	practice plan	Lunch	
	changing		s&C
changing			Group A
	on ice 75mins	dynamic stretching	
Lunch			change over
		practice plan	classroom
		changing	Group B
gym Group A			
nutrution	changing	on ice 75mins	
S and C			dynamic stretching
change over	cool down and		
gym Group B	stretch		practice plan
			changing
	check out	changing	
check out			on ice 75mins
		cool down and	

stretch	
check out	
	changing
	cool down and
	stretch
	check out