



**Hockey PEI**  
**High Performance Program**  
**Spring Camp - May 2-5, 2019**  
**Bell Aliant Centre - Charlottetown**

**Thursday May 2, 2019**

Rink	Event	Time	Group	Teams	Duration
A	Practice	4:00-5:30 pm	Goalies	All Male Goalies	90
A	Practice	5:45-7:00 pm	D	All Male Defence	75
A	Practice	7:15-8:30 pm	U-14 Male	All U14 Forwards	75
A	Practice	8:45-10 pm	U-15 Male	All U15 Forwards	75
B	Practice	4:30-6:00 pm	Goalies	All Female Goalies	90
B	Practice	6:15-7:30 pm	Female D	All Female Defence	75
B	Practice	7:45-9:00 pm	Female Forwards	All Female Forwards	75

Location	Event	Time	Group	Teams	Duration
Synergy Fitness	Fitness Testing	4:00-5:15	Male Forwards	All Male Forwards	75
Synergy Fitness	Fitness Testing	5:30 - 6:45 pm	Female Forwards	All Female Forwards	75

**Mandatory Parent Information Session**

Location	Event	Time	Group	Teams	Duration
Allan Stewart Room	Parent Meeting	5:00 - 5:30 pm	U14	All U14 Male Parents	30
Allan Stewart Room	Parent Meeting	5:30 - 6:00 pm	U16	All U16 Female Parents	30
Allan Stewart Room	Parent Meeting	6:00 - 6:30 pm	U15	All U15 Male Parents	30
Allan Stewart Room	Parent Meeting	6:30 - 7:00 pm	U18	All U18 Female Parents	30

**Friday May 3, 2019**

Rink	Event	Time	Group	Teams	Duration
A	Practice	8:15-9:30 am	Goalies	All Female Goalies	75
A	Practice	9:45-11:00 am	Female Forwards	All Female Forwards	75
A	Practice	11:15-12:30 pm	Female Defence	All Female Defence	75
A	Practice	12:45-2:00 pm	Male Defence	All Male Defence	75
A	Practice	3:45-5:00 pm	Female Forwards	All Female Forwards	75
A	Practice	5:15-6:30 pm	Female Defence	All Female Defence	75
B	Practice	8:00-9:15 am	Goalies	All Male Goalies	75
B	Practice	9:30-10:45 am	U-14 M	All U14 Male Forwards	75
B	Practice	11:00-12:15 pm	U-15 M	All U15 Male Forwards	75
B	Practice	3:30-4:45 pm	U-14 M	All U14 Male Forwards	75
B	Practice	5:00-6:15 pm	U-15 M	All U15 Male Forwards	75
B	Practice	6:30-7:45 pm	Male Defence	All Male Defence	75

Location	Event	Time	Group	Teams	Duration
Synergy Fitness	Fitness Testing	8:00-9:15 am	Female Defence	All Female Defence	75
Synergy Fitness	Fitness Testing	9:30-10:45 am	Male Defence	All Male Defence	75
Synergy Fitness	Fitness Testing	1:00-2:15 pm	Goalies	All Goalies	75

Location	Event	Time	Group	Teams	Duration
Allan Stewart Room	Mental Training	12:45-1:30 pm	Female Players	All Female Players	45
Allan Stewart Room	Mental Training	1:45-2:30 pm	U14 M	All Male U14 Players	45
Allan Stewart Room	Mental Training	2:45-3:30	U15 M	All Male U15 Players	45

**Saturday May 4, 2019**

Rink	Event	Time	Group	Teams	Duration
A	Practice	8:00-9:15 am	Male Goalies	All Male Goalies	75
A	Practice	9:30-10:45 pm	U-14 M	Team Navy	75
A	Practice	11:00-12:15 pm	U-14 M	Team Red	75
A	Practice	12:30-1:45 pm	U-15 M	Team Gold	75
A	Practice	2:00-3:15 pm	U-15 M	Team White	75
A	Game	3:30-5:00 pm	U14 M	Navy vs Red	90
A	Game	5:15-6:45 pm	U-15 M	Gold vs White	90
B	Practice	8:00-9:15 am	Female Goalies	All Female Goalies	75
B	Practice	10:00-11:15 pm	U-16 F	Team Orange	75
B	Practice	11:30-12:45 pm	U-16 F	Team Grey	75
B	Practice	1:00-2:15 pm	U-18 F	All U18 Female Players	75
B	Game	2:30-4:00 pm	U-16 F	Orange vs Grey	90
B	Game	4:15-6:00 pm	U-18 F	Game	90
B	Game	6:15-7:15 pm	U16 F	Orange vs Grey	60

Location	Event	Time	Group	Teams	Duration
Allan Stewart Room	Fitness Presentation	TBD	U-14 M	All	45
Allan Stewart Room	Fitness Presentation	TBD	U-15 M	All	45
Allan Stewart Room	Fitness Presentation	TBD	U-16 F	All	45

**Sunday May 5, 2019**

Rink	Event	Time	Group	Teams	Duration
A	Practice	8:00-9:15 am	Goalies	All Female Goalies	75
A	Practice	9:30-10:45 am	U-16 F	Team Grey	75
A	Practice	11:00-12:15 pm	U-16 F	Team Orange	75
A	Practice	12:30-1:45 pm	U-18 F	All Female U18 Players	75
A	Game	4:45-6:00 pm	U-18 F	Game	75
B	Practice	8:15-9:30 am	Goalies	All Male Goalies	75
B	Practice	10:00-11:15 am	U-14 M	Team Red	75
B	Practice	11:30-12:45 pm	U14 M	Team Navy	75
B	Practice	1:00-2:15 pm	U-15 M	Team Gold	75
B	Practice	2:30-3:45 pm	U-15 M	Team White	75
B	Game	4:00-5:15 pm	U14 M	Navy vs Red	75
B	Game	5:30-6:45 pm	U-15 M	White vs Gold	75

Note: Synergy Fitness is located at the newly renovated 141 Mt Edward Rd (old Nunnery Building)  
 Active Living Centre entrance is in main lobby of Bell Aliant Centre across from windows overlooking Rink A.  
 Meeting Room B is located above rink B overlooking the zamboni end of ice.