



**Hockey PEI**  
**High Performance Program - FEMALE U16 & U18**  
**Summer Camp - August 1-4, 2019**  
**APM Centre - Cornwall**

**Thursday, Aug 1**

Event	Time	Group	Teams	Rink
Practice	2:20 - 3:35 pm	Goalies	All Female Goalies	APM
Practice	3:45 - 5:00 pm	U16 F	U16 Female Forwards	APM
Practice	5:10 - 6:25 pm	U18 F	U18 Female All Players	APM
Practice	6:35 - 7:50 pm	U16 D	U16 Female Defence	APM
Fitness Testing	12:30 - 1:30 pm	Goalies	All Female Goalies	APM Gym
Fitness Testing	1:45 - 2:45 pm	U16 F	U16 Female Forwards	APM Gym
Fitness Testing	3:00 - 4:00 pm	U18 F	U18 Female All Players	APM Gym
Fitness Testing	4:15 - 5:15 pm	U16 D	U16 Female Defence	APM Gym
Parent Meeting	5:00 - 5:30 pm	U16 F	All Parents	Classroom
Parent Meeting	6:00 - 6:30 pm	U18 F	All Parents	Classroom

**Friday, Aug 2**

Event	Time	Group	Teams	Rink
Practice	2:20 - 3:35 pm	Goalies	All Female Goalies	APM
Practice	3:45 - 5:00 pm	U16 D	U16 Female Defence	APM
Practice	5:10 - 6:25 pm	U16 F	All U16 Female Forwards	APM
Practice	6:35 - 7:50 pm	U18 F	U18 Female All Players	APM
Presentation	12:30 - 1:30 pm	Goalies	All Female Goalies	Classroom
Presentation	1:30 - 2:30 pm	Defence	U16 Female Defence	Classroom
Presentation	3:00 - 4:00 pm	U16 F	All U16 Female Forwards	Classroom
Presentation	4:00 - 5:00 pm	U18 F	U18 Female All Players	Classroom

**Saturday, Aug 3**

Event	Time	Group	Teams	Rink
Practice	8:30 - 9:45 am	Goalies	All Female Goalies	APM
Practice	9:55 - 10:55 am	U16 F	Team Yellow	APM
Practice	11:05 - 12:05 pm	U16 F	Team Black	APM
Practice	12:15 - 1:15 pm	U18 F	Team Orange	APM
Practice	1:25 - 2:25 pm	U16 F	Team Yellow	APM
Practice	2:35 - 3:35 pm	U16 F	Team Black	APM
Practice	3:45 - 4:45 pm	U18 F	Team Orange	APM
Mental Performance	10:45 - 11:45 am	U18 F	Team Orange	Classroom
Mental Performance	11:45 - 12:45 pm	U16 F	Team Yellow	Classroom
Mental Performance	1:00 - 2:00 pm	U16 F	Team Black	Classroom

**Sunday, Aug 4**

Event	Time	Group	Teams	Rink
Game	9:55 - 11:25 am	U16 F	Yellow vs Black	APM
Game	11:35 - 1:05 pm	U18 F	Team Orange	APM
Game	1:15 - 2:45 pm	U16 F	Yellow vs Black	APM
Game	2:55 - 4:25 pm	U18 F	Team Orange	APM
Presentation	10:00 - 11:00 am	U18 F	Team Orange	Boardroom/Classroom
Presentation	11:45 - 12:45 pm	U16 F	Team Yellow	Boardroom/Classroom
Presentation	11:45 - 12:45 pm	U16 F	Team Black	Boardroom/Classroom