



## SUNDAY SCHEDULE – FSK/ESK SKILLS CAMP

<b>SOUTH-WEST</b>	<b>NORTH-EAST</b>
<b>CANUCKS SENATORS</b>	<b>KINGS RANGERS</b>
1:30 Team Post	
1:45 Camp Picture – Outdoor Amphitheatre <b>CAMPERS WEAR TEAM SWEATERS</b> (Gallery is rain location)	
2:00 Orientation (The 'mini' Aud)	
2:20 <i>TO RINK</i>	
3:10 Practice (50)	2:45 Rec Arena (45)
4:15 Rec Arena (50)	4:10 Practice (50)
5:15 <i>TO SAC</i>	
5:30 DINNER	
6:15 Campus Tour/House Master (end at 'Mac House')	6:15 House Master/Campus Tour (start at 'Mac House')
6:40 Tuck	6:50 Tuck
<b>ROOKS &amp; VETS</b> BREAK INTO ASSIGNED GROUPING FOR EVENING REC SCHEDULE	
<b>ROOKS</b>	<b>VETS</b>
7:00 Evening Program (60)	7:15 Room Assignments
8:00 Room Assignments	8:00 Evening Program (60)
8:45 Free Time	9:00 Free Time
9:15 Room Check	9:30 Room Check
9:30 - 10:30 Lights Out	10:00 - 10:30 Lights Out



# MON - THU SCHEDULE – FSK/ESK SKILLS CAMP

<b>SOUTH-WEST</b>	<b>NORTH-EAST</b>
<b>CANUCKS SENATORS</b>	<b>KINGS RANGERS</b>
<b>6:45</b> Wake Up	<b>7:15</b> Wake Up
<b>7:00</b> BREAKFAST	<b>7:30</b> BREAKFAST
<b>7:30</b> TO ARC	<b>8:15</b> TO ARC
<b>8:20</b> PS & Skills (50) - E	<b>8:30</b> Rec 1 (60) – BB Diamond
<b>9:10</b> Practice (50) - E	<b>10:10</b> PS & Skills (60) - E
<b>10:20</b> Rec 1 (60) – BB Diamond	<b>11:10</b> Practice (50) - E
<b>11:30</b> Chalk Talk & Video Quiz (20)	<b>12:15</b> LUNCH
<b>12:00</b> LUNCH	<b>12:40</b> Chalk Talk & Video Quiz (20)
<b>1:00</b> Scrimmage (50) - E	<b>1:00</b> Rec 2 (35) – SE Lot
<b>2:00</b> Swim (60)	<b>2:10</b> Scrimmage (50) - E
<b>3:20</b> Rec 2 (45) – SE Lot	<b>3:10</b> Swim (50)
<b>4:15</b> TO SAC	
<b>4:30</b> Quiet Time - Rooms (60)	
<b>5:30</b> DINNER	
<b>ROOKS</b>	<b>VETS</b>
<b>6:15</b> Tuck	<b>6:15</b> Room Check
<b>6:45</b> Evening Program (60)	<b>6:45</b> Tuck
<b>8:00</b> Rec 3 (60)	<b>7:15</b> Rec 3 (60)
<b>9:15</b> Room Check	<b>8:30</b> Evening Program (90)
<b>9:45</b> Lights Out	<b>10:00</b> Social Time (Residence) Lights Out @ 10:30 pm



## FRIDAY SCHEDULE – FSK/ESK SKILLS CAMP

<b>SOUTH-WEST</b>	<b>NORTH-EAST</b>
<b>CANUCKS SENATORS</b>	<b>KINGS RANGERS</b>
7:00 Wake Up	7:00 Wake Up
7:15 BREAKFAST	7:15 BREAKFAST
7:45 Pack/Room Check	7:45 Pack/Room Check
8:00 TO ARC	
9:00 Practice (E)	8:20 Rec 1 (60)
10:10 Rec 1 (40)	10:00 Practice (E)
10:50 Hockey Lounge (10) <i>*review departure protocol</i>	11:00 LUNCH
11:00 LUNCH	11:30 Rec 2 (50)
12:10 Scrimmage (50) - E	12:20 Hockey Lounge (10) <i>*review departure protocol</i>
1:00 Pack Equipment	1:10 Scrimmage (50) - E
1:15 Rec 2 (45)	2:00 Pack Equipment
2:15 FAREWELL GATHERING (Campers depart with Parents from arena)	
2:45 TO SAC (Weekend Campers)	
<b>NOTES:</b> Friday practices and scrimmages are 50 min Campers flying out on Saturday must take equipment back to SAC Weekend Stayover equipment moves to trailer over the weekend	

<b>WEEKEND AND TRAVEL STAYOVERS TO THE COMMON ROOM (MacDonald House)</b>	
<b>SOUTH-WEST</b>	<b>3:00 PM</b>
<b>NORTH-EAST</b>	