



SUNDAY SCHEDULE

BLUE/GOLD	
ROOKS	VETS
1:00 – 1:30 Check-In	
1:30 Mac House Common Room	
1:45 Orientation	
2:00 TO RINK	
2:15 Dynamic Warm-up (15)	
3:00 Power-Skating with MAW (110)	
5:30 TO SAC	
5:45 DINNER	
6:15 Room Assignments (MacDonald House)	
6:45 'House Rules'	
7:00 Rest Time	
7:30 Evening Program (90)	
9:00 Tuck	
9:30 Room Check	9:30 Social Time
10:00 Lights Out	10:30 Room Check/Lights Out

"IN THE MIDDLE OF DIFFICULTY LIES OPPORTUNITY."

Albert Einstein



MON - THU SCHEDULE

BLUE/GOLD	
ROOKS	VETS
6:45 Wake Up	
7:00 BREAKFAST	
7:30 TO ARC	
7:45 Dynamic Warm-up	
8:30 Power-Skating with MAW (110) M-W OR Skills with RH Th-F	
10:45 Rec 1 with LP (60)	
11:45 LUNCH	
12:15 'Chalk Talk & Video'	
1:00 Practice with Guest Pro (60)	
2:10 Compete & Small Area Games Practice (50)	
3:15 Swim (40)	
4:15 TO SAC	
4:30 Dryland Training with BS (60)	
5:45 Tuck	
6:00 DINNER	
6:30 Rest Period (30) - Residence	
7:00 Rec 2 (50)	
8:00 Evening Program (90)	
9:45 Room Check	10:00 Room Check
10:00 Lights Out	10:30 Lights Out

EVENING ACTIVITIES:
Team-Building, Climbing, Recreational Sports, Movie Night



FRIDAY SCHEDULE

BLUE/GOLD	
ROOKS	VETS
6:45 Wake Up	
7:00 BREAKFAST	
7:30 TO ARC	
7:45 Chalk Talk & Video	
8:30 Skills with RH (50)	
9:30 Practice with Guest Pro (60)	
10:45 Rec 1 with LP (60)	
11:45 LUNCH	
12:15 Hockey Lounge: End of Camp Protocol	
1:00 Compete & Small Area Games Practice (50)	
2:15 Farewell Gathering (Lunch Area)	
CAMP ENDS	
3:00 TO SAC	
<p>NOTE: Parents should collect equipment and children, then travel to St. Andrew's to collect luggage.</p>	

TRAVEL STAYOVERS TO THE COMMON ROOM (MacDonald House)	
ALL AGES	3:30 PM

SAFE TRAVELS!