



2019 SUMMER HOCKEY DEVELOPMENT

High Performance – 18U-Junior (Boys)

Born: 2001, 2002, 2003, 2004

All sessions at Seven Oaks Sportsplex:

<u>Date</u>	<u>Off-Ice</u>	<u>On-Ice</u>	
Tue 02-Jul	4:30 PM	None	Off-Ice Only
Wed 03-Jul	4:00-7:00 PM	None	
Thu 04-Jul	4:30 PM	5:45 PM	Casual Skate
Mon 08-Jul	4:00-7:00 PM	None	
Tue 09-Jul	4:30 PM	5:45 PM	
Wed 10-Jul	4:00-7:00 PM	None	
Thu 11-Jul	4:30 PM	5:45 PM	
Mon 15-Jul	4:00-7:00 PM	None	
Tue 16-Jul	4:30 PM	5:45 PM	
Wed 17-Jul	4:00-7:00 PM	None	
Thu 18-Jul	4:30 PM	5:45 PM	
Mon 22-Jul	4:00-7:00 PM	None	
Tue 23-Jul	4:30 PM	5:45 PM	
Wed 24-Jul	4:00-7:00 PM	None	
Thu 25-Jul	None	None	No activities

Mon & Wed: *Players drop-in for training anytime between 4:00-7:00 PM*

- 15 On-Ice sessions, includes 13 skills sessions lead by Vigier Hockey
- Includes RISE Sport Test development testing session
- 28 Off-ice NRG training sessions
- Private & Semi-Private on-ice coaching sessions available April - August
- Dynamic Defensemen, Impact Forwards – August 27-30



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High Performance – 18U-Junior (Boys)

Born: 2001-2004

All sessions at Seven Oaks Sportsplex:

<u>Date</u>	<u>Off-Ice</u>	<u>On-Ice</u>	
Mon 29-Jul	4:00-7:00 PM	None	
Tue 30-Jul	4:30 PM	5:45 PM	
Wed 31-Jul	4:00-7:00 PM	None	
Thu 01-Aug	4:30 PM	5:45 PM	
Mon 05-Aug	None	None	No activities
Tue 06-Aug	4:30 PM	5:45 PM	
Wed 07-Aug	4:00-7:00 PM	None	
Thu 08-Aug	4:30 PM	5:45 PM	
Mon 12-Aug	7:00 PM	8:15 PM	Off-ice, On-Ice Testing
Tue 13-Aug	4:30 PM	5:45 PM	
Wed 14-Aug	4:00-7:00 PM	None	
Thu 15-Aug	4:30 PM	5:45 PM	
Mon 19-Aug	4:00-7:00 PM	None	
Tue 20-Aug	4:30 PM	5:45 PM	
Wed 21-Aug	4:00-7:00 PM	None	
Thu 22-Aug	4:30 PM	5:45 PM	

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