



2019 SUMMER HOCKEY DEVELOPMENT

High Performance – Midget-Prep (Girls)

Born: 2001, 2002, 2003, 2004

All sessions at Seven Oaks Sportsplex:

<u>Date</u>	<u>Off-Ice</u>	<u>On-Ice</u>	
Mon 01-Jul	None	None	Holiday
Wed 03-Jul	4:30 PM	None	Off-ice only
Mon 08-Jul	4:30 PM	5:45 PM	
Wed 10-Jul	4:30 PM	5:45 PM	
Mon 15-Jul	4:30 PM	5:45 PM	
Wed 17-Jul	4:30 PM	5:45 PM	
Mon 22-Jul	4:30 PM	5:45 PM	
Wed 24-Jul	4:30 PM	5:45 PM	
Mon 29-Jul	4:30 PM	5:45 PM	
Wed 31-Jul	4:30 PM	5:45 PM	
Mon 05-Aug	None	None	Holiday
Wed 07-Aug	4:30 PM	5:45 PM	
Mon 12-Aug	4:30 PM	5:45 PM	
Wed 14-Aug	4:30 PM	5:45 PM	
Mon 19-Aug	4:30 PM	5:45 PM	
Wed 21-Aug	4:30 PM	5:45 PM	
Mon 26-Aug	None	10:15 AM	3v3 Prep/RISE

- 14 On-Ice sessions, includes 13 skills sessions lead by Vigier Hockey
- Includes RISE Sport Test development testing session
- 14 Off-Ice NRG training sessions
- Private & Semi-Private on-ice coaching sessions available April - August
- Semi-Private and Private NRG Training options available April – June
- Dynamic Defensemen Mini-Camp – August 26-29
- Impact Forwards Mini-Camp – August 26-29