

# NSC/HBTC HOCKEY DEVELOPMENT

## Development 1<sup>ST</sup> Hockey Camp 2009

### SQUIRT

#### Monday and Wednesday

Schwan Super Rink – Blaine, Minnesota

#### Schedule

<b>SQUIRT</b>	<b>Monday and Wednesday</b>		<b>Activity</b>
<b>June</b>	<b>Time Slot</b>		
Monday	15	<b>8:15am-8:45am</b>	<b>First Day Check-In</b>
		9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 1
Wednesday	17	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 2
Monday	22	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 3
Wednesday	24	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 4
<b>July</b>		<b>Time Slot</b>	<b>Activity</b>
Monday	6	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 5
Wednesday	8	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 6
Monday	13	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 7
Wednesday	15	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 8
Monday	20	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 9
Wednesday	22	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 10
Monday	27	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 11
Wednesday	29	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 12
<b>August</b>		<b>Time Slot</b>	<b>Activity</b>
Monday	3	9:00am-9:45am 10:00am-11:30am	On-ice Power Shooting Ice Session 13
Wednesday	5	<b>8:15am-9:45am</b> 10:00am-11:30am	<b>Skating Treadmill</b> Ice Session 14

#### Friday Scrimmage Schedule (if applicable)

#### July

Friday	10	9:00am-10:15am
Friday	17	9:00am-10:15am
Friday	24	9:00am-10:15am
Friday	31	9:00am-10:15am