

## Washington, DC – April 8 - 11, 2010 - Double Camp Schedule

Note: Schedule is subject to modification. Assignment of players to Novice or Intermediate/Advanced groups is based upon our estimation of ability, and is relative to other players that will be attending camp. Every effort will be made to place players appropriately.

|          | <b>Novice Group</b>  | <b>Intermed./Advanced Group</b>                      |  |
|----------|--|--|--|
| Thursday | 2:00 – 3:30 - Orientation  |  |  |
|          | 4:00 – 6:15 Ice Session 1  | 4:30 – 6:00 – Orientation                            |  |
|          | 6:45 – 7:45 – Strength & Conditioning Talk   | 6:30 – 8:45 – Ice Session 1                          |  |
|          | 8:00 – Break the Ice Party   | 9:00 - Break the Ice Party                           |  |
| Friday   | 7:30 - 9:00 – Ice Session 2  | 7:45 – 8:45 – Chalk Talk – Offensive Positioning     |  |
|          | 9:20-10:20 – Chalk Talk – Defensive Zone Coverage  | 9:15 -10:45 - Ice Session 2                          |  |
|          | Get lunch and head to Verizon Center. If you like, your gear will be transported from Kettler to Verizon Center and back for you.  |  |  |
|          | 1:30 – 2:15 – Scrimmage at Verizon Center  | 2:15 – 3:00 – Scrimmage at Verizon Center            |  |
|          | Optional Social: Meet with your team for a beer and a bite to eat at a downtown establishment, and discuss how awesome you played. |  |  |
|          | 7:00 – Caps/Thrashers Game   | 7:00 – Caps/Thrashers Game                           |  |
| Saturday | 8:30 to 9:30 – Video Review  | 7:45 – 9:45 – Ice Session 4                          |  |
|          | 10:00 – 12:00 - Ice Session 4  | 10:00 -11:00 – Video Review                          |  |
|          | 12:00 – 1:30 – Lunch Break   | 11:00 – 12:00 – Chalk Talk – Defensive Zone Coverage |  |
|          | 1:30 – 2:30 – Chalk Talk – Offensive Zone Positioning  | 12:00 – 2:00 – Lunch Break                           |  |
|          | 2:30 – 3:45 – Video Review   | 2:00–4:00 – Ice Session 5                            |  |
|          | 4:15 – 6:15 – Ice Session 5  | 4:15 – 5:45 – Video Review                           |  |
|          | 7:45 - Banquet   | 7:45 - Banquet                                       |  |
| Sunday   | 8:00 - 10:30 – Ice Session 6   | 9:15 -10:15 – Strength & Conditioning Talk           |  |
|          | 10:45–11:15 – Evaluations/Goodbyes   | 10:45 – 1:15 – Ice Session 6                         |  |
|          |  | 1:30–2:00 – Evaluations & Goodbyes                   |  |

Note: Ice times in red. Off-ice learning activities in blue.