

Tier 1 – Cambridge Hub #3 Agenda

Wednesday August 2nd

8:00am - 8:30am	Coach meeting
8:30am - 9:00am	Athletes Welcome + Team Meeting @ 9:00am in Optimist Room
9:10am - 10:20am	Dry Land Training (Speed Circuit)
10:20am - 10:40am	Break
10:40am - 11:40am	Dry Land Training (5' running Test + Core 2 x 8 (60"-30"))
11:40am - 12:15pm	Lunch Break. Bring your own lunch.
12:30pm - 12:40pm	Mats IN Arena #2
12:40pm - 12:50pm	Ice Resurfing / Zamboni
12:50pm - 2:20pm	Ice Training Arena #2
2:20pm - 2:45pm	Break
2:45pm - 4:20pm	Dry Land Training 2 x 6 (200m run + 75" imitation) R8' + Soccer

Thursday August 3rd

7:45am - 8:00am	Athletes Welcome. Optimist Room.
8:00am - 8:30am	Dry Land Speed Warm up
8:30am - 8:45am	Mats ON in Arena #2
8:45am - 9:00am	Ice Resurfing / Zamboni
9:00am - 10:35am	Ice training in Arena #2
10:35am -11:00am	Break
11:00am - 12:15pm	Dry Land: Cable 2 x 6 (45" - 60") r6' + Core 2 x 8 (30"-30")r4'
12:15pm - 1:15pm	Lunch Break. Bring your own lunch.
1:15pm - 2:15pm	Equipment Seminar in Optimist room.
2:15pm - 2:30pm	Break
2:30pm - 4:30pm	Testing (High jump, long jump, Beep test)

Friday August 4th

7:45am - 8:00am	Athletes Welcome in Optimist room.
8:00am - 8:30am	Dry Land Warm up
8:30am - 8:45am	Mats ON in Arena #2
8:45am - 9:00am	Ice Resurfing / Zamboni
9:00am - 10:35am	Ice training in Arena #2
10:35am -11:00am	Break
11:00am - 12:15pm	Dry Land Training YOGA
12:15pm - 1:00pm	Lunch Break. Bring your own lunch.
1:00pm - 2:30pm	Nutrition Seminar with Cara Kasdorf, RD
2:30pm - 2:45pm	Break
2:45pm - 4:15pm	Dry Land Training: Fartlek

Saturday August 5th

8:45am - 9:00am	Athletes Welcome in Optimist room.
9:00am - 9:45am	Dry Land Warm up
9:45am - 10:00 am	Ice Resurfing / Zamboni
10:00am - 11:30am	Ice training in Arena #2
11:30am - 11:45am	Break
11:45am -1:15pm	Dry Land Training: 2 x 6 (90" imit - 30" run - 30" off - 30"abd - 30" off) R6'
1:15pm - 1:45pm	Lunch Break. Bring your own lunch.
1:45pm - 2:30pm	Wrap Up / August Training

Tier 2 – Cambridge Hub #3 Agenda

Wednesday August 2nd

8:00am - 8:30am	Coach meeting
8:30am - 9:00am	Athletes Welcome + Team Meeting @ 9:00am in Optimist Room
9:10am - 10:20am	Dry Land Training (Speed Circuit)
10:20am - 10:40am	Break
10:40am - 11:40am	Dry Land Training (5' running Test + Core 2 x 8 (45" - 30"))
11:40am - 12:40pm	Lunch Break. Bring your own lunch.
12:40pm - 2:00pm	Dry Land Training: Imitation 2 x 8 (60" - 60") r6' + Soccer
2:00pm - 2:15pm	Break
2:20pm - 2:30pm	Ice Resurfing / Zamboni
2:30pm - 4:10pm	Ice Training Arena #2
4:10pm - 4:20pm	Mats OFF

Thursday August 3rd

7:45am - 8:00am	Athletes Welcome. Optimist Room.
8:00am - 9:00am	Dry Land Cable Training: warm up + 2 x 6 (60"-70") r6' + Soccer
9:00am - 9:15am	Break
9:15am - 10:30am	Dry Land Training YOGA
10:35am - 10:45am	Ice Resurfing / Zamboni
10:45am -12:20pm	Ice training in Arena #2
12:20pm - 12:30pm	Mats OUT
12:30pm - 1:15pm	Lunch Break. Bring your own lunch.
1:15pm - 2:15pm	Equipment Seminar in Optimist room.
2:15pm - 2:30pm	Break
2:30pm - 4:30pm	Testing (High jump, long jump, Beep test)

Friday August 4th

7:45am - 8:00am	Athletes Welcome in Optimist room.
8:00am - 9:00am	Dry Land Training: Core + Posture Training
9:00am - 9:15am	Break
9:15am - 10:30am	Dry Land Training: Speed Relay Circuit Training
10:35am - 10:45pm	Ice Resurfing / Zamboni
10:45am -12:20pm	Ice training in Arena #2
12:20pm - 12:30pm	Mats OUT
12:30pm - 1:15pm	Lunch Break. Bring your own lunch.
1:00pm - 2:30pm	Nutrition Seminar with Cara Kasdorf, RD
2:30pm - 2:45pm	Break
2:45pm - 4:15pm	Dry Land Training: Fartlek

Saturday August 5th

8:45am - 9:00am	Athletes Welcome in Optimist room.
9:00am - 10:00am	Dry Land Training: Stability Core Training
10:00am - 10:30am	Break
10:30am - 11:30am	Dry Land Training: Imitation 2 x 6 (Imitation 60" + 30m sprint + r2) r8'
11:30am - 11:40am	Ice Resurfing / Zamboni
11:40am -1:20pm	Ice training in Arena #2
1:20pm - 1:30pm	Mats OUT
1:45pm - 2:30pm	Wrap Up / August Training / Lunch Break. Bring your own lunch.

VENUE: Hespeler Memorial Arena, 640 Ellis Road West, Cambridge, ON N3C 4N1