

# Niedermayer Hockey School

## Cranbrook, BC

August 3 - 7, 2009

Please note these are sample schedules for Cranbrook, Edge reserves the right to change.

Earliest starting program:

Time	Activity	Location
7:30 – 8:00am	Changing	Room # 3
8:00 – 9:15am	On-ice Training	Rec Plex Rink
9:15 – 9:45am	Changing	Room # 3
9:45 – 10:30pm	Hockey Talk	Curling Rink Classroom
10:30 – 11:45pm	Read and React	Curling Rink
11:45 – 12:15pm	Lunch	Rec Plex Restaurant
12:15 – 1:30pm	Conditioning	Rec Plex Fields
1:30 – 2:00pm	Changing	Room # 3
2:00 – 3:00pm	On-ice Training	Rec Plex Rink
3:00 – 3:30pm	Changing	Room # 3
3:30 – 4:30pm	Pool / Activities	Rec Plex Pool / Fields
4:30pm -	Pick-up	Rec Plex

Latest starting program:

Time	Activity	Location
10:30 – 11:00am	Hockey Talk	Curling Rink Classroom
11:00 – 12:00pm	Conditioning	Rec Plex Fields
12:00 – 12:30pm	Changing	Room # 2
12:30 – 1:45pm	On-ice Training	Rec Plex Rink
1:45 – 2:15pm	Changing	Room # 2
2:15 – 2:45pm	Lunch	Rec Plex Restaurant
*2:45 – 4:00pm	Read & React	Curling Rink
*4:00 – 4:45pm	Pool/Activities	Rec Plex
4:45 – 5:15pm	Changing	Room # 2
5:15 – 6:15pm	On-ice Training	Rec Plex Rink
6:15 – 6:45pm	Changing	Room # 2
6:45pm	Pick-up	Rec Plex