



August 17-21, 2019

2019 SEAC Fall Development & Conditioning Camp

Hockey Hounds Rec Centre



Saturday	Sunday	Monday	Tuesday	Wednesday
Group 1	Group 1	Group 1	Group 1	Group 1
9:00 - 10:15 am On Ice	9:00 - 10:15 am On Ice	8:00 - 9:15 am On Ice	8:00 - 9:15 am On Ice	8:00 - 9:15 am On Ice
10:30 - 11:30 am Sport Psych - Tryout Prep	10:45 - 11:45 am Dryland	9:45 - 10:45 am Dryland	9:45 - 10:45 am Dryland	9:30 - 10:30 am Tryout - Mindfulness and Mental Health
4:30 - 5:45 pm On Ice	4:30 - 5:45 pm On Ice	2:15 - 3:30 pm On Ice	2:15 - 3:30 pm On Ice	
Saturday	Sunday	Monday	Tuesday	Wednesday
Group 2	Group 2	Group 2	Group 2	Group 2
10:30 - 11:45 am On Ice	10:30 - 11:45 am On Ice	9:30 - 10:45 am On Ice	9:30 - 10:45 am On Ice	9:30 - 10:45 am On Ice
12:00 - 1:00 pm Sport Psych - Tryout Prep	12:15 - 1:15 pm Dryland	11:15 - 12:15 pm Dryland	11:15 - 12:15 pm Dryland	11:00 - 12:00 pm Tryout - Mindfulness and Mental Health
6:00 - 7:15 pm On Ice	6:00 - 7:15 pm On Ice	3:45 - 5:00 pm On Ice	3:45 - 5:00 pm On Ice	
Saturday	Sunday	Monday	Tuesday	Wednesday
Group 3	Group 3	Group 3	Group 3	Group 3
12:00 - 1:15 pm On Ice	12:00 - 1:15 pm On Ice	11:00 - 12:15 pm On Ice	11:00 - 12:15 pm On Ice	11:00 - 12:15 pm On Ice
1:30 - 2:30 pm Sport Psych - Tryout Prep	1:45 - 2:45 pm Dryland	12:45 - 1:45 pm Dryland	12:45 - 1:45 pm Dryland	12:30 - 1:30 pm Tryout - Mindfulness and Mental Health
7:30 - 8:45 pm On Ice	7:30 - 8:45 pm On Ice	5:15 - 6:30 pm On Ice	5:15 - 6:30 pm On Ice	

