



# Dynamo Hockey Club - Tier 1 - AAA



## 2018-19 Dynamo HC Training Camp @ Jay Peak

August 31st - September 2nd

Day 1 - Friday August 31st

<u>Start</u>	<u>End</u>	<u>Event</u>	<u>Group</u>	<u>Location</u>	<u>Development Focus</u>
4:00pm	4:30pm	Check-in	10U/11U/12S	Ice Haus	
4:50pm	5:50pm	On-Ice Skills	10U/11U/12S	Ice Haus	Station Based Skills
4:30pm	5:15pm	Check-In	12E/13U/14U	Ice Haus	
6:00pm	7:00pm	On-Ice Skills	12E/13U/14U	Ice Haus	Station Based Skills
7:30pm	8:30pm	Dynamo Welcome Dinner	All Teams	Hotel Jay	Players/Coaches/Parents
8:30pm	9:00pm	Lodging Check-In	All Teams	Stateside	
9:30pm	6:00am	Lights Out	All Teams	Stateside	

## Training Camp Information

\*\*\*Please note: Each team will be with their team coaches and chaperones throughout the day. There will be team building and other activities during downtime that is not represented in the master schedule. Players should have plenty of snacks and fluids on hand as they will be very active during the duration of the camp

### Check In

Ice Haus Lobby

### Items to Bring

Hockey Equipment

Team Issued Apparel

Street Hockey Stick

Snacks/Drinks

Bathing Suit

Sneakers

Workout Apparel

Small Amounts of money (optional)

Money (if needed for skate sharpening/tape/snacks etc)



# Dynamo Hockey Club - Tier 1 - AAA



## 2018-19 Dynamo HC Training Camp @ Jay Peak

August 31st - September 2nd

Day 2 - Saturday September 1st

Start	End	Event	Group	Location	Development Focus
6:00am	6:30am	Breakfast	All (Defense/Goalies)	Stateside	Fuel Up
6:30am	7:00am	Breakfast	All Forwards	Stateside	Fuel Up
7:00am	7:30am	Defensemen Skills (All)	All Defense/Goalies	Ice Haus	Defensive Skating System
7:15am	8:00am	Dryland - (Forwards #1)	Forwards (10U/11U/12s)	TBD	Mobility/Coordination/Athleticism Development
7:30am	8:00am	Defensemen Skills (Group #1)	Defensemen (10U/11U/12s)	Ice Haus	Offensive Blue Line Movement
8:00am	8:30am	Defensemen Skills (Group #2)	Defensemen (12E/13U/14U)	Ice Haus	Offensive Blue Line Movement
8:00am	8:45am	Dryland Training (Forwards #2)	Forwards (12E/13U/14U)	TBD	Mobility/Coordination/Athleticism Development
8:40am	9:40am	Forward Skills (Group #1)	Forwards (10U/11U/12s)	Ice Haus	Offensive Movement Patterns
8:45am	9:30am	Dryland Training	Defensemen (10U/11U/12s)	TBD	Mobility/Coordination/Athleticism Development
9:45am	10:30am	Dryland Training	Defensemen (12E/13U/14U)	TBD	Mobility/Coordination/Athleticism Development
9:50am	10:50am	Forward Skills (Group #2)	Forwards (12E/13U/14U)	Ice Haus	Offensive Movement Patterns
11:00am	12:00pm	Defensemen Skills (Group #1)	Defensemen (10U/11U/12s)	Ice Haus	Puck Retrievals/Breakouts/Neutral Zone Skills
11:00am	11:45am	Lunch	Defensemen (12E/13U/14U)	Hotel Jay	Refuel
11:15am	12:00pm	Lunch	Forwards (10U/11U/12s)	Hotel Jay	Refuel
11:30am	12:15pm	Lunch	Forwards (12E/13U/14U)	Hotel Jay	Refuel
12:15pm	1:00pm	Lunch	Defensemen (10U/11U/12s)	Hotel Jay	Refuel
12:10pm	1:10pm	Defensemen Skills (Group #2)	Defensemen (12E/13U/14U)	Ice Haus	Puck Retrievals/Breakouts/Neutral Zone Skills
1:20pm	2:20pm	Forward Skills (Group #1)	Forwards (10U/11U/12s)	Ice Haus	Game Situation Movements/Tactics/Skills
2:30pm	3:30pm	Forward Skills (Group #2)	Forwards (12E/13U/14U)	Ice Haus	Game Situation Movements/Tactics/Skills
2:50pm	3:30pm	Team Meeting/Chalk Talk	10U/11U	Locker Room	*Fully Dressed
3:40pm	4:40pm	Skills Scrimmage	10U/11U	Ice Haus	Training-to-Game Transfer
3:45pm	4:30pm	Team Building	13U/14U	TBD	Team Building
4:10pm	4:40pm	Team Meeting/Chalk Talk	12S/12E	Locker Room	*Fully Dressed
4:50pm	5:50pm	Skills Scrimmage	12S/12E	Ice Haus	Training-to-Game Transfer
5:10pm	5:50pm	Team Meeting/Chalk Talk	13U/14U	Locker Room	*Fully Dressed
6:00pm	7:00pm	Skills Scrimmage	13U/14U	Ice Haus	Training-to-Game Transfer
6:00pm	9:00pm	Water Park/Dinner	All Teams	Pump House	*Dinner at Waterpark
8:30pm	9:15pm	Shuttle to Hotel	All Teams	Stateside	
9:30pm	6:00am	Lights Out	All Team	Stateside	

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## 2018-19 Dynamo HC Training Camp @ Jay Peak

August 31st - September 2nd

Day 3 - Sunday September 2nd

<u>Start</u>	<u>End</u>	<u>Event</u>	<u>Group</u>	<u>Location</u>	<u>Development Focus</u>
6:00am	7:00am	Breakfast	All Teams	Stateside	Fuel Up
7:00am	8:00am	Team Practice	10U/11U	Ice Haus	Team Habits/Concepts/Structure
7:20am	8:20am	Classroom Session	13U/14U	Foeger	Video Review
8:10am	9:10am	Team Practice	12S/12E	Ice Haus	Team Habits/Concepts/Structure
8:30am	9:30am	Classroom Session	10U/11U	Foeger	Video Review
9:20am	10:20am	Team Practice	13U/14U	Ice Haus	Team Habits/Concepts/Structure
9:40am	10:40am	Classroom Session	12S/12E	Foeger	Video Review
10:30am	11:30am	Team Practice	10U/11U	Ice Haus	Individual/Team Skills
11:30am	12:15pm	Lunch	13U/14U	Hotel Jay	Refuel
11:40am	12:40pm	Team Practice	12S/12E	Ice Haus	Individual/Team Skills
12:00pm	12:45pm	Lunch	10U/11U	Hotel Jay	Refuel
12:45pm	1:30pm	Lunch	12S/12E	Hotel Jay	Refuel
12:50pm	1:50pm	Team Practice	13U/14U	Ice Haus	Individual/Team Skills
2:00pm	3:00pm	3v3 Tourney	10U/11U	Ice Haus	Dynamo Cup!
3:10pm	4:10pm	3v3 Tourney	12S/12E	Ice Haus	Dynamo Cup!
4:20pm	5:20pm	3v3 Tourney	13U/14U	Ice Haus	Dynamo Cup!

\*Players are welcome to check out and leave after their final skate on Sunday