

SCHEDULE PERFORMANCE CAMP

PERFORMANCE CAMP - MÄRSTA				
2018	MONDAY-WEDNESDAY			
W:44	Grupp 1 (10/09/08)	GRUPP 2 (07/06)	GRUPP 3 (05/04/03)	Goalies
07.30-08.00	AT THE RINK 07.30 (07:15 MONDAY)	AT THE RINK 08.15 (08.00 MONDAY)	AT THE RINK 07.45 (07:30 MONDAY)	
08.00-08.30	ICE - 8-8.50			
08.30-09.00		CHANGE	PHYSIO PERFORMANCE CENTER - 8.30.-9.10	
09.00-09.30	CHANGE	ICE - 9-9.50		
09.30-10.00	PHYSIO PERFORMANCE CENTER - 9.40-10.20	CHANGE	CHANGE	
10.00-10.30		CHANGE	ICE - 10.05-10.55	
10.30-11.00	CHANGE	PHYSIO PERFORMANCE CENTER - 10.30-11.10		
11.00-11.30	ICE - 11.10-12.00		CHANGE	
11.30-12.00		SNACKS	LUNCH 11.15-12.15	
12.00-12.30	CHANGE	ICE - 12.00-12.50		Goalie Session 12.00-12.50
12.30-13.00	LUNCH 12.30-13.30		CHANGE	
13.00-13.30		CHANGE	ICE - 13.05-13.55	
13.30-14.00	CHANGE	LUNCH 13.30-14.30		
14.00-14.30	ICE (GAME) - 14.10-15.00		CHANGE	
14.30-15.00		CHANGE	DRYLAND PERFORMANCE CENTER - 14.35-15.00	
15.00-15.30	SNACKS	ICE (GAME) - 15.00-15.50		
15.30-16.00	DRYLAND PERFORMANCE CENTER - 15.45-16:25		SNACKS	
16.00-16.30		CHANGE	ICE (GAME) - 16.05-16.55	
16.30-17.00	DAY ENDS 16.50	DRYLAND PERFORMANCE CENTER - 16.30-17:10		
17.00-17.30		DAY ENDS 17.30	DAY ENDS 17.30	