



2010 Team Ontario Under-17 Provincial Camp
July 6-10, 2010 - Oshawa, Ontario
Team Schedules - as of June 28, 2010



TEAM BLACK	
Time	July 6, 2010
8:45-9:15 a.m.	Goaltender Registration - Campus Ice Centre
10:00-11:30 a.m.	Goaltender Only Practice - Rink 1
11:30-12:30 p.m.	Player Registration - Campus Ice Centre
12:30-1:00 p.m.	Players Only Meeting - Campus Ice Centre (Upstairs)
1:00 p.m.	Check In
1:30 p.m.	Snack - Campus Ice Centre
1:45 p.m.	Change/Stretch
2:00-4:00 p.m.	Fitness Testing - Campus Recreation and Wellness Centre
4:00-4:30 p.m.	Dinner - South Village Dining Hall
4:45 p.m.	Walk to Arena
5:00 p.m.	Pre-Ice
5:45-7:00 p.m.	Practice - Rink 2
7:30 p.m.	Walk to Residence
7:45-8:30 p.m.	Team Building
8:30 p.m.	Snack - South Village Dining Hall
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players

Time	July 7, 2010
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
8:45 a.m.	Photo (on ice)
9:00-10:15 a.m.	Practice - Rink 1
10:30 a.m.	Snack
11:00 a.m.	Walk to Presentation
11:30-12:30 p.m.	Sports Psychology - Building L - Room 213
12:30-1:30 p.m.	Hockey Canada POE Presentation - Building L - Room L213
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period - All players in rooms
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM BLACK VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players

Time	July 8, 2010
8:45-9:30 a.m.	Breakfast - South Village Dining Hall
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:45-12:00 p.m.	Practice - Rink 1
12:15 p.m.	Snack
1:00 p.m.	Walk to Presentation
1:45-3:00 p.m.	Fitness Seminar - Building L - Room 213
3:30-4:30 p.m.	Pre-game Meal - South Village Dining Hall
4:30-6:00 p.m.	Mandatory Rest Period - All players in rooms
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM BLACK VS. TEAM RED - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players

Time	July 9, 2010
8:45-9:30 a.m.	Breakfast - South Village Dining Hall
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:45-12:00 p.m.	Practice - Rink 2
12:15 p.m.	Snack
1:00 p.m.	Walk to Residence
1:30-2:30 p.m.	Nutrition Seminar - Building L - Room 213
2:30-3:30 p.m.	Rest/Team Building
3:30-4:30 p.m.	Pre-game Meal - South Village Dining Hall
4:30-6:00 p.m.	Mandatory Rest Period - All players in rooms
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM BLACK VS. TEAM ORANGE - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players

Time	July 10, 2010
	Teams 3 and 4
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-11:00 a.m.	Game - 3 vs. 4 - Rink 1
11:30 a.m.	Walk to Residence and Check Out
	DEPART AFTER CHECK OUT
	Teams 1 and 2
8:30-9:15 a.m.	Breakfast
9:15-10:00 a.m.	Check Out
10:00 a.m.	Walk to Arena
10:15 a.m.	Pre-Ice
11:15-1:15 p.m.	Game - 1 vs. 2 - Rink 1
	DEPART AFTER GAME

TEAM ORANGE	
Time	July 6, 2010
8:45-9:15 a.m.	Goaltender Registration - Campus Ice Centre
10:00-11:30 a.m.	Goaltender Only Practice - Rink 1
11:30-12:30 p.m.	Player Registration - Campus Ice Centre
12:30-1:00 p.m.	Players Only Meeting - Campus Ice Centre (Upstairs)
1:00 p.m.	Check In
1:30 p.m.	Snack - Campus Ice Centre
1:45 p.m.	Team Building
2:15 p.m.	Walk to Arena
2:30 p.m.	Pre-Ice
3:15-4:30 p.m.	Practice - Rink 1
5:00 p.m.	Walk to Residence
5:15-6:00 p.m.	Dinner - South Village Dining Hall
6:30 p.m.	Change/Stretch
7:00-9:00 p.m.	Fitness Testing - Campus Recreation and Wellness Centre
9:00 p.m.	Snack - South Village Dining Hall
10:00 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players

Time	July 7, 2010
7:45-8:30 a.m.	Breakfast - South Village Dining Hall
8:30-9:30 a.m.	Hockey Canada POE Presentation - Building L - Room 213
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:45 a.m.	Photo (on ice)
11:00-12:15 p.m.	Practice - Rink 2
12:30 p.m.	Snack
1:00 p.m.	Walk to Presentation
1:30-2:30 p.m.	Sports Psychology - Building L - Room 213
2:30-3:15	Rest/Team Building
3:15-4:15 p.m.	Pre-game Meal - South Village Dining Hall
4:15-6:00 p.m.	Mandatory Rest Period - All players in rooms
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM ORANGE VS. TEAM RED - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players

Time	July 8, 2010
7:15-8:00 a.m.	Breakfast - South Village Dining Hall
8:00 a.m.	Walk to Arena
8:15 a.m.	Pre-Ice
9:00-10:15 a.m.	Practice - Rink 1
10:30 a.m.	Snack
11:30 a.m.	Walk to Presentation
12:00-1:15 p.m.	Fitness Seminar - Building L - Room 213
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period - All players in rooms
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM ORANGE VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:15 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players

Time	July 9, 2010
8:45-9:30 a.m.	Breakfast - South Village Dining Hall
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:45-12:00 p.m.	Practice - Rink 1
12:15 p.m.	Snack
1:00 p.m.	Walk to Residence
1:30-2:30 p.m.	Nutrition Seminar - Building L - Room 213
2:30-3:30 p.m.	Rest/Team Building
3:30-4:30 p.m.	Pre-game Meal - South Village Dining Hall
4:30-6:00 p.m.	Mandatory Rest Period - All players in rooms
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM BLACK VS. TEAM ORANGE - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players

Time	July 10, 2010
	Teams 3 and 4
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-11:00 a.m.	Game - 3 vs. 4 - Rink 1
11:30 a.m.	Walk to Residence and Check Out
	DEPART AFTER CHECK OUT
	Teams 1 and 2
8:30-9:15 a.m.	Breakfast
9:15-10:00 a.m.	Check Out
10:00 a.m.	Walk to Arena
10:15 a.m.	Pre-Ice
11:15-1:15 p.m.	Game - 1 vs. 2 - Rink 1
	DEPART AFTER GAME



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TEAM RED	
Time	July 6, 2010
8:45-9:15 a.m.	Goaltender Registration - Campus Ice Centre
10:00-11:30 a.m.	Goaltender Only Practice - Rink 1
11:30-12:30 p.m.	Player Registration - Campus Ice Centre
12:30-1:00 p.m.	Players Only Meeting - Campus Ice Centre (Upstairs)
1:00 p.m.	Check In
1:30 p.m.	Snack
1:45 p.m.	Change/Stretch
2:00-4:00 p.m.	Fitness Testing - Campus Recreation and Wellness Centre
4:00-4:45 p.m.	Dinner - South Village Dining Hall
4:45 p.m.	Team Building
5:15 p.m.	Walk to Arena
5:30 p.m.	Pre-Ice
6:15-7:30 p.m.	Practice - Rink 1
8:15 p.m.	Walk to Residence
8:30 p.m.	Snack
10:15 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 7, 2010
7:45-8:30 a.m.	Breakfast - South Village Dining Hall
8:30-9:30 a.m.	Hockey Canada POE Presentation - Building L - Room 213
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:50 a.m.	Photo (on ice)
11:00-12:15 p.m.	Practice - Rink 2
12:45 p.m.	Walk to Residence
1:00-1:30 p.m.	Snack
1:30-2:30 p.m.	Sports Psychology - Building L - Room 213
2:30-3:15	Rest/Team Building
3:15-4:15 p.m.	Pre-game Meal - South Village Dining Hall
4:15-6:00 p.m.	Mandatory Rest Period
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM ORANGE VS. TEAM RED - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players
Time	July 8, 2010
8:45-9:30 a.m.	Breakfast - South Village Dining Hall
9:45 a.m.	Walk to Arena
10:00 a.m.	Pre-Ice
10:45-12:00 p.m.	Practice - Rink 2
12:45 p.m.	Walk to Residence
1:00-1:30 p.m.	Snack
1:45-3:00 p.m.	Fitness Seminar - Building L - Room 213
3:30-4:30 p.m.	Pre-game Meal - South Village Dining Hall
4:30-6:00 p.m.	Mandatory Rest Period
6:00 p.m.	Walk to Arena
6:15 p.m.	Pre-Ice Session
7:15-9:15 p.m.	TEAM BLACK VS. TEAM RED - Rink 1
9:45-10:15 p.m.	Post Game Snack - South Village Dining Hall
10:15 p.m.	Walk to Residence
10:30 p.m.	Room Check/Curfew - Lights Out - All Players
Time	July 9, 2010
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-10:15 a.m.	Practice - Rink 2
10:45 a.m.	Walk to Residence
11:00-11:30 a.m.	Snack
11:30-12:30 p.m.	Nutrition Seminar - Building L - Room 213
12:30-1:30 p.m.	Rest
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM RED VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 10, 2010
	Teams 3 and 4
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-11:00 a.m.	Game - 3 vs. 4 - Rink 1
11:30 a.m.	Walk to Residence and Check Out
	DEPART AFTER CHECK OUT
	Teams 1 and 2
8:30-9:15 a.m.	Breakfast
9:15-10:00 a.m.	Check Out
10:00 a.m.	Walk to Arena
10:15 a.m.	Pre-Ice
11:15-1:15 p.m.	Game - 1 vs. 2 - Rink 1
	DEPART AFTER GAME

TEAM WHITE	
Time	July 6, 2010
8:45-9:15 a.m.	Goaltender Registration - Campus Ice Centre
10:00-11:30 a.m.	Goaltender Only Practice - Rink 1
11:30-12:30 p.m.	Player Registration - Campus Ice Centre
12:30-1:00 p.m.	Players Only Meeting - Campus Ice Centre (Upstairs)
1:00 p.m.	Check In
1:30 p.m.	Snack
1:45 p.m.	Team Building
2:15 p.m.	Walk to Arena
2:30 p.m.	Pre-Ice
3:15-4:30 p.m.	Practice - Rink 2
5:00 p.m.	Walk to Residence
5:15-6:00 p.m.	Dinner - South Village Dining Hall
6:30 p.m.	Change/Stretch
7:00-9:00 p.m.	Fitness Testing - Campus Recreation and Wellness Centre
9:00 p.m.	Snack
10:15 p.m.	Room Check - All players in rooms
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 7, 2010
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
8:50 a.m.	Photo (on ice)
9:00-10:15 a.m.	Practice - Rink 2
10:45 a.m.	Walk to Residence
11:00-11:30 p.m.	Snack
11:30-12:30 p.m.	Sports Psychology - Building L - Room 213
12:30-1:30 p.m.	Hockey Canada POE Presentation - Building L - Room 213
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM BLACK VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 8, 2010
7:15-8:00 a.m.	Breakfast - South Village Dining Hall
8:00 a.m.	Walk to Arena
8:15 a.m.	Pre-Ice
9:00-10:15 a.m.	Practice - Rink 2
11:00 a.m.	Walk to Residence
11:15-11:45 a.m.	Snack
12:00-1:15 p.m.	Fitness Seminar - Building L - Room 213
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM ORANGE VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:15 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 9, 2010
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-10:15 a.m.	Practice - Rink 1
10:45 a.m.	Walk to Residence
11:00-11:30 a.m.	Snack
11:30-12:30 p.m.	Nutrition Seminar - Building L - Room 213
12:30-1:30 p.m.	Rest
1:30-2:30 p.m.	Pre-game Meal - South Village Dining Hall
2:30-3:45 p.m.	Mandatory Rest Period
3:45 p.m.	Walk to Arena
4:00 p.m.	Pre-Ice Session
5:00-7:00 p.m.	TEAM RED VS. TEAM WHITE - Rink 1
7:45-8:30 p.m.	Post Game Meal - South Village Dining Hall
8:45 p.m.	Walk to Residence
10:00 p.m.	Room Check - All players in rooms.
10:30 p.m.	Curfew - Lights Out - All Players
Time	July 10, 2010
	Teams 3 and 4
7:00-7:45 a.m.	Breakfast - South Village Dining Hall
7:45 a.m.	Walk to Arena
8:00 a.m.	Pre-Ice
9:00-11:00 a.m.	Game - 3 vs. 4 - Rink 1
11:30 a.m.	Walk to Residence and Check Out
	DEPART AFTER CHECK OUT
	Teams 1 and 2
8:30-9:15 a.m.	Breakfast
9:15-10:00 a.m.	Check Out
10:00 a.m.	Walk to Arena
10:15 a.m.	Pre-Ice
11:15-1:15 p.m.	Game - 1 vs. 2 - Rink 1
	DEPART AFTER GAME