

SATURDAY 20th APRIL

2.00pm-2.45pm: Coaches meeting

SESSION	ALL GROUPS TOGETHER
1	2.45pm: Arrive at the rink
	3.00pm-3.30pm: Welcome, Introduction
	3.30pm-4.30pm: Land Session 1
	4.30pm-4.45pm: mats and skates on
	4.45pm-6.45pm: Ice Session 1
	6.45pm-7.15pm: warmdown

SUNDAY 21st APRIL

SESSION	ALL GROUPS TOGETHER	
2	6.00am: Arrive at the rink	
	6.15am-6.40am: warmup	
	6.40-7.00am: mats and skates on	
	7.00am-9.00am: Ice Session 2	
	9.00-9.30am: Break and travel to Aussie Rules Club	
	9.30am-11.30am: John Marsden Workshop 1 (at Aussie Rules Club)	
BREAK		
	GROUP 1	GROUP 2 and GROUP 3
3	4.20pm: Arrive at rink 4.30pm-5.30pm: Land Session 2	4.20pm: Arrive at rink 4.30pm-5.30pm: Land Session 2
	5.30pm: mats on	5.30pm: skates on
	6.00pm-6.40pm: Land	6.00pm-7.00pm: Ice Session 3
	6.40pm: skates on	7.00pm: skates off
	7.00pm-8.30pm: Ice Session 3	7.15-7.45pm: Land
	8.30pm-9.00pm: warmdown	

MONDAY 22nd APRIL

SESSION	ALL GROUPS TOGETHER	
4	6.50am: Arrive at the rink	
	7.00am-7.25am: warmup	
	7.25-7.45am: mats and skates on	
	7.45am-9.15am: Ice Session 4	
	9.15-9.35am: Break, eat a snack	
	9.40am-10.40am: Land Session 3	
BREAK		
	GROUP 1	GROUP 2 and GROUP 3
5	4.20pm: Arrive at rink 4.30pm-5.30pm: Warmup and band work	4.20pm: Arrive at rink 4.30pm-5.30pm: whiteboard analysis of relay, how to push, and positioning (+20mins warmup)
	5.30pm: mats on	5.30pm: skates on
	6.00pm-6.40pm: whiteboard analysis of relay	6.00pm-7.10pm: Ice Session 5
	6.40pm-7.00pm: warmup	7.10pm: skates off
	7.15pm-8.30pm: Ice Session 5	7.25-8.15pm: Land
	8.30pm-9.00pm: warmdown	

TUESDAY 23rd APRIL

SESSION	ALL GROUPS TOGETHER	
6	6.50am: Arrive at the rink	
	7.00am-7.25am: warmup	
	7.25-7.45am: mats and skates on	
	7.45am-9.15am: Ice Session 6	
	9.15-9.35am: Break, eat a snack	
	9.40am-10.40am: Land Session 4	9.50am-10.50am: John Marsden Workshop 2 (skaters aged 12 and under)
	10.40-10.50am: Break	10.50-11.00am: Break
	10.50am-11.50am: John Marsden Workshop 2 (skaters aged 13 and over)	11.00am-11.50am: Land Session 4

WEDNESDAY 24th APRIL

SESSION	ALL GROUPS TOGETHER	
7	5.30am: Arrive at the rink	
	5.40am-6.10am: warmup	
	6.10am-6.30am: mats and skates on	
	6.30am-8.00am: Ice Session 7	
	8.00-8.30am: Break, eat a snack	
	8.30am-9.30am: Land Session 5	
BREAK		
	GROUP 1 (age 13+)	GROUP 2 (age 12 and under)
8	1.45pm: arrive at rink	1.45pm: arrive at rink
	2.00pm-2.45pm: meditation/ mindfulness session	2.00pm-2.45pm: John Marsden Workshop 3
	2.45-3.30pm: John Marsden Workshop 3	2.45pm-3.30pm: Skate Sharpening Session (skaters and parents)

THURSDAY 25th APRIL

SESSION	GROUP 1	GROUP 2 and GROUP 3
9	7.30am: Arrive at the rink	8.20am: Arrive at the rink
	7.40am-8.10am: warmup	8.30am-9.30am: Land Training
	8.10am-8.30am: mats and skates on	9.30am: skates on
	8.30am-9.45am: Ice Session 8	9.45am-11.00am: Ice Session 8
	9.45am-10.10am: Skates off/break	
	10.10am-11.00am: Land Session 6	
BREAK		
	GROUP 1	GROUP 2 and GROUP 3
10	5.10: Arrive at rink	5.10: Arrive at rink
	5.15pm-6.00pm: whiteboard discussion about track positioning different tracks and tempos	5.15pm-6.00pm: whiteboard discussion about track positioning different tracks and tempos
	6.15pm: mats on	6.00pm-6.15pm: warmup
	6.25-6.45pm: warmup	6.15pm-6.30pm: skates on
	7.00pm-8.30pm: Ice Session 9	6.30pm-7.50pm: Ice Session 9
	8.30pm-9.00pm: warmdown/recovery	7.50pm-8.00pm: skates off
		8.00pm-8.30pm: warmdown, core and stretching

FRIDAY 26th APRIL

SESSION	ALL GROUPS TOGETHER
11	5.30am: Arrive at the rink
	5.40am-6.10am: warmup
	6.10am-6.30am: mats and skates on
	6.30am-8.00am: Ice Session 10
	8.00-8.20am: Break, eat a snack
	8.20am-9.15am: Land Session 7
	9.30am-10.30am: Video Presentation on Rules and Passing (by Jim Hewish, at Aussie Rules Club)
BREAK (short break for food, return to rink/park)	
	ALL GROUPS TOGETHER
12	12.00pm-1.30pm: John Marsden Workshop 4

SATURDAY 27th APRIL

SESSION	ALL GROUPS TOGETHER
13	12.45pm: Arrive at the rink
	1.00pm-2.30pm: John Marsden Workshop 5
	2.30pm-3.30pm: Land Session 8
	4.30pm: mats and skates on
	4.45pm-6.45pm: Ice Session 11
	6.45-7.30pm: Recovery Jog and Stretching

SUNDAY 28th APRIL

SESSION	ALL GROUPS TOGETHER
14	6.30am: Arrive at the rink
	7.00am-11.00am: Competition Morning. Schedule and draw to be determined during the camp
	11.30am-12.30pm: Breakfast and Camp Conclusion