

roadrunner Development Camp Itiner

Monday and Tuesday			
Time	Novice/Atom HL	Novice/ Atom Travel	PW/BAN/MID HL
10:30am	REGISTRATION		
11am	Dryland Training		
11:30am		SIGN IN	
12pm	Break	Dryland Training	
12:30pm	On - Ice Training		SIGN IN
1pm		Break	Dryland Training
1:30pm	Break	On - Ice Training	
2pm	Outdoor Activities		Break
2:30pm		Break	On - Ice Training
3pm	Pick up	Outdoor Activities	
3:30pm			Break
4pm		Pick up	Outdoor Activities
4:30pm			
5pm			Pick up

****SUBJECT TO CHANGE****

Wednesday and Thursday			
Time	Novice/Atom HL	Novice/ Atom Travel	PW/BAN/MID HL
10am	SIGN IN		
10:30am	Dryland Training		
11am		SIGN IN	
11:30am	Break	Dryland Training	
12pm	On - Ice Training		SIGN IN
12:30pm		Break	Dryland Training
1pm	Break	On - Ice Training	
1:30pm	Outdoor Activities		Break
2pm		Break	On - Ice Training
2:30pm	Pick up	Outdoor Activities	
3pm			Break
3:30pm		Pick up	Outdoor Activities
4pm			
4:30pm			Pick up
5pm			

****SUBJECT TO CHANGE****

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PW/BAN/MID Travel
SIGN IN
Outdoor Activities
Dryland Training
Break
On - Ice Training
Pick up (4:45pm)

PW/BAN/MID Travel
SIGN IN
Outdoor Activities
Dryland Training
Break
On - Ice Training
Pick up (4:15pm)