

Canadian Youth Short Track Championships - Camp Schedule

Age Group								
Time	Group 1	Group 2	Time	Group 3	Group 4	Time	Group 5	Group 6
10:15	Arrival / Check In		10:15			10:15		
10:30	Group Warm Up		10:30	Arrival / Check In		10:30		
10:45	Change		10:45	Social - Game		10:45		
11:00	On - Ice (Physical)	Arrival / Check In	11:00	Respect in Sport		11:00		
11:15		Group Warm Up	11:15			11:15		
11:30		Change	11:30	Video - Cognitive Mental		11:30		
11:45	Change	On - Ice (Physical)	11:45			11:45	Arrival / Check In	
12:00	Break		Group Warm Up	12:00	Break	12:00	Social - Game	
12:15			Change	12:15		12:15	Respect in Sport	
12:30		Change	12:30	Group Warm Up	12:30	Video - Cognitive Mental		
12:45	Break	Break	12:45			12:45		
13:00		On - Ice (Physical)	13:00	Group Warm Up	13:00			
13:15		Social - Game	13:15	Change	13:15	Break	Break	
13:30	Respect in Sport	13:30	Change	13:30	Group Warm Up			
13:45		13:45	End	13:45	On - Ice (Physical)			
14:00	Video - Cognitive Mental		14:00			14:00	Group Warm Up	
14:15		14:15	Change		14:15	Change		
14:30	End	14:30	End		14:30	End	14:30	Group Warm Up
14:45			14:45			14:45	On - Ice (Physical)	Group Warm Up
15:00			15:00			15:00	Change	Change
15:15			15:15			15:15	Change	On - Ice (Physical)
15:30			15:30			15:30	End	
15:45			15:45			15:45		
16:00			16:00			16:00		Change
16:15		16:15			16:15		End	