2023 OHF/OHL U-15 Program of Excellence

TEAM SCHEDULES DRAFT

TEAM #1

Time	FRIDAY
8:00-8:30 am	Participant Registration
8:30-8:45 am	**EVENT INTRODUCTION (OHF/OHL & Team Coaches)**
8:45-9:45 am	**PRESENTATION - Physical Preparation**
10:15-11:35 am	**ON-ICE SESSION**
11:45-12:00 pm	Cool Down
12:00-12:45 pm	Lunch
1:00-1:30 pm	**PRESENTATION - Physical Preparation**
1:30-2:30 pm	**TEAM BUILDING** - Getting To Know You
2:45-3:00 pm	Warm-Up Activiation
3:30-4:50 pm	**ON-ICE SESSION**
4:50-5:05 pm	Cool Down - Day 1 Complete

Notes

* Registration will take place in the arena lobby.
* Physical Prep presentation to occur on/in room/track at arena - Bring running shoes / water
* Lunch will be served in pre-determined room, coaches to provide information at event.

Time	SATURDAY
10:30-11:00 am	Player Arrival - Warm-Up Activation
11:30-12:50 pm	**ON-ICE SESSION**
12:50-1:05 pm	Cool Down
1:15-2:00 pm	Lunch
2:15-3:00 pm	**PRESENTATION - TBD**
3:00-3:45 pm	**TEAM BUILDING**
4:00-4:15 pm	Warm-Up Activiation
5:00-6:30 pm	**GAME #1 - TEAM #1 VS. TEAM #2**
6:30- 6:45 pm	Cool Down - Day 2 Complete

Notes

* Cool Down Times based on when practice ends
* Lunch will be served in pre-determined room, coaches to provide information at event.
* Presentations to occur in pre-determined room, coaches to provide information at event.

Time	SUNDAY (schedule based on results from Saturday)
9:00-9:15 am	Player Arrival - Warm-Up Activation (10:00 am Game)
9:45-10:00 am	Player Arrival - Teams Playing at 12:00 pm
10:00-11:30 am	**GAME #3 - LOSER GAME #1 VS. LOSER GAME #2**
10:00-11:00 am	**OHL PRESENTATION** - Teams Playing at 12:00 pm
11:15-11:30 am	Warm-Up Activiation (12:00pm game)
12:00-1:00 pm	**OHL PRESENTATION** - Teams who played at 10:00 am
12:00-1:30 pm	**GAME #4 - WINNER GAME #1 VS. WINNER GAME #2**

Notes

* OHL Presentation to occur in pre-determined room, coaches to provide information at event.

TEAM #2

Time	FRIDAY
8:30-9:00 am	Participant Registration
9:00-9:15 am	**EVENT INTRODUCTION (OHF/OHL & Team Coaches)**
10:00-11:20 am	**ON-ICE SESSION**
11:20-11:35 am	Cool Down
11:35-12:30 pm	**TEAM BUILDING** - Getting To Know You
12:30-1:00 pm	Lunch
1:00-1:30 pm	**PRESENTATION - Physical Preparation**
1:30-2:30 pm	**PRESENTATION - Physical Preparation**
2:30-2:45 pm	Warm-Up Activation
3:00-4:20 pm	**ON-ICE SESSION**
4:20-4:35 pm	Cool Down - Day 1 Complete

Notes

* Registration will take place in the arena lobby.
* Physical Prep presentation to occur on/in room/track at arena - Bring running shoes / water
* Lunch will be served in pre-determined room, coaches to provide information at event.

Time	SATURDAY
10:30-11:00 am	Player Arrival - Warm-Up Activation
11:45-1:05 pm	**ON-ICE SESSION**
1:05-1:20 pm	Cool Down
1:30-2:15 pm	Lunch
2:15-3:00 pm	**PRESENTATION - TBD**
3:00-3:45 pm	**TEAM BUILDING**
4:00-4:15 pm	Warm-Up Activiation
5:00-6:30 pm	**GAME #1 - TEAM #1 VS. TEAM #2**
6:30-6:45 pm	Cool Down - Day 2 Complete

Notes

* Cool Down Times based on when practice ends
* Lunch will be served in pre-determined room, coaches to provide information at event.
* Presentations to occur in pre-determined room, coaches to provide information at event.

Time	SUNDAY (schedule based on results from Saturday)
9:00-9:15 am	Player Arrival - Warm-Up Activation (10:00 am Game)
9:45-10:00 am	Player Arrival - Teams Playing at 12:00 pm
10:00-11:30 am	**GAME #3 - LOSER GAME #1 VS. LOSER GAME #2**
10:00-11:00 am	**OHL PRESENTATION** - Teams Playing at 12:00 pm
11:15-11:30 am	Warm-Up Activiation (12:00pm game)
12:00-1:00 pm	**OHL PRESENTATION** - Teams who played at 10:00 am
12:00-1:30 pm	**GAME #4 - WINNER GAME #1 VS. WINNER GAME #2**

Notes

* OHL Presentation to occur in pre-determined room, coaches to provide information at event.

*****SCHEDULE SUBJECT TO CHANGE.*****