



2022 Conditioning Camp
Cost \$150 per player
N/C for Goaltenders

U9	U11	U13	U15	U18
Saturday September 3rd 11:30am – 12:30pm at ARC WEST	Saturday September 3rd 12:45pm – 1:45pm at ARC WEST	Saturday September 3rd 2:00pm – 3:00pm at ARC WEST	Saturday September 3rd 5:00pm – 6:15pm at MP Sprite	Saturday September 3rd 6:30pm – 7:45pm at MP Sprite
Sunday September 4th 9:00am – 10:00am at MP Sprite	Sunday September 4th 10:15am – 11:15am at MP Sprite	Sunday September 4th 11:30am – 12:30pm at MP Sprite	Sunday September 4th 5:00pm – 6:00pm at MP Sprite	Sunday September 4th 6:15pm – 7:15pm at MP Sprite
Monday September 5th 5:45pm – 6:45pm at MP Chev	Monday September 5th 7:00pm – 8:00pm at MP Chev	Monday September 5th 6:30pm – 7:30pm at ARC EAST	Monday September 5th 7:45pm – 8:45pm at ARC EAST	Monday September 5th 8:15pm – 9:30pm at MP Chev
Wednesday September 7th 4:15pm – 5:15pm at SP Shell	Wednesday September 7th 5:30pm – 6:30pm at MP Sprite	Wednesday September 7th 6:45pm – 7:45pm at MP Sprite	Wednesday September 7th 8:00pm – 9:15pm at MP Sprite	Wednesday September 7th 9:30pm – 10:30pm at MP Sprite