



## 2012 New Zealand Under-18 National Team

### South Island Camp #1 Itinerary 25-27 November 2011 Alpine Ice Rink, Christchurch

|                 | Friday 25 <sup>th</sup>             | Saturday 26 <sup>th</sup>           | Sunday 27 <sup>th</sup>           |
|-----------------|-------------------------------------|-------------------------------------|-----------------------------------|
| 8:00am-9:00am   |                                     |                                     | On-ice Session<br>(8:00am-9:30am) |
| 9:00am-10:00am  |                                     |                                     | On-ice Session<br>(8:00am-9:30am) |
| 10:00am-11:00am |                                     |                                     | Off-ice Fitness Tests             |
| 11:00am-12:00pm |                                     | Meet @ Rink<br>(11:00am)            |                                   |
| 12:00pm-1:00pm  |                                     | On-ice Session<br>(12:15pm-1:45pm)  |                                   |
| 1:00pm-2:00pm   |                                     | On-ice Session<br>(12:15pm-1:45pm)  |                                   |
| 2:00pm-3:00pm   |                                     | Off-ice Fitness Tests               |                                   |
| 3:00pm-4:00pm   |                                     | Off-ice Fitness Tests               |                                   |
| 4:00pm-5:00pm   |                                     | Off-ice Fitness Tests               |                                   |
| 5:00pm-6:00pm   |                                     |                                     |                                   |
| 6:00pm-7:00pm   |                                     |                                     |                                   |
| 7:00pm-8:00pm   |                                     |                                     |                                   |
| 8:00pm-9:00pm   | Meet @ Rink<br>(8:30pm)             |                                     |                                   |
| 9:00pm-10:00pm  | Team Meeting                        | Meet @ Rink<br>(9:00pm)             |                                   |
| 10:00pm-11:00pm | On-ice Session<br>(10:15pm-11:15pm) | On-ice Session<br>(10:15pm-11:15pm) |                                   |