



Sunday, August 18, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:30 AM		CHECK-IN	SOFMC	CHECK-IN	SOFMC
9:00 AM	9:30 AM	EQUIPMENT DROP-OFF / CHANGE	DRESSING ROOM	EQUIPMENT DROP-OFF / CHANGE	DRESSING ROOM
9:30 AM	10:00 AM	FULL CAMP MEETING	SOFMC ROOM	FULL CAMP MEETING	SOFMC ROOM
10:00 AM	11:00 AM	CARWASH (MEDIA, INTERVIEWS, EQM CHECK)		CARWASH (MEDIA, INTERVIEWS, EQM CHECK)	
11:00 AM	12:00 PM	LUNCH	LIONS DEN	LUNCH	LIONS DEN
12:00 PM	12:30 PM	CHANGE FOR GYM	DRESSING ROOM	CHANGE FOR ICE	DRESSING ROOM
12:30 PM	2:00 PM	OFF-ICE COMBINE TESTING	GYM	ON-ICE COMBINE TESTING	ICE
2:00 PM	2:30 PM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR ICE	DRESSING ROOM
2:30 PM	4:00 PM	ON-ICE COMBINE TESTING	ICE	OFF-ICE COMBINE TESTING	GYM
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

NOTES

Players are to be dropped off and picked up at SOFMC Gate #3 (located by the team store).

Players will be grouped based on age for Day 1.

Following Day 1, players will be re-grouped based on age and ability.

A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



VICTORIA ROYALS

HIGH-PERFORMANCE CAMPS

Monday, August 19 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:30 AM		CHECK-IN	SOFMC	CHECK-IN	SOFMC
9:00 AM	9:30 AM	PLAYERS CHANGE	DRESSING ROOM	PLAYERS CHANGE	DRESSING ROOM
9:30 AM	10:30 AM	VIDEO / SPEAKER	VIDEO ROOM	ON-ICE (Skating) 9:30 AM - 11:00 AM	ICE
10:30 AM	11:00 AM	NUTRITION SEMINAR	VIDEO ROOM	PLAYERS COOL DOWN / CHANGE	
11:00 AM	12:00 PM	LUNCH	LIONS DEN	LUNCH	LIONS DEN
12:00 PM	12:30 PM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR GYM	DRESSING ROOM
12:30 PM	2:00 PM	ON-ICE (Skating)	ICE	WORKOUT	GYM
2:00 PM	2:30 PM	CHANGE FOR GYM	DRESSING ROOM	PLAYERS COOL DOWN / CHANGE	DRESSING ROOM
2:30 PM	4:00 PM	WORKOUT	GYM	VIDEO / SPEAKER	VIDEO ROOM
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		NUTRITION SEMINAR	VIDEO ROOM
4:30 PM		DEPART ARENA		DEPART ARENA	

NOTES

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A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



Tuesday, August 20, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:30 AM		CHECK-IN	SOFMC	CHECK-IN	SOFMC
9:00 AM	9:30 AM	PLAYERS CHANGE	DRESSING ROOM	PLAYERS CHANGE	DRESSING ROOM
9:30 AM	10:30 AM	ON-ICE (Skills)	ICE	WORKOUT / ACTIVATION	GYM
10:30 AM	11:00 AM	PLAYERS COOL DOWN / CHANGE		CHANGE FOR ICE	DRESSING ROOM
11:00 AM	12:00 PM	LUNCH	LIONS DEN	ON-ICE (Skills)	ICE
12:00 PM	12:30 PM	CHANGE FOR ICE	DRESSING ROOM	PLAYERS COOL DOWN / CHANGE	
12:30 PM	1:30 PM	ON-ICE	ICE	LUNCH	LIONS DEN
1:30 PM	2:00 PM	CHANGE FOR GYM	DRESSING ROOM	CHANGE FOR ICE	DRESSING ROOM
2:00 PM	3:00 PM	WORKOUT	GYM	ON-ICE	ICE
3:00 PM	3:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
3:30 PM	4:30 PM	GUEST SPEAKER	SOFMC ROOM	GUEST SPEAKER	SOFMC ROOM
4:30 PM		DEPART ARENA		DEPART ARENA	

NOTES

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A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



Wednesday, August 21, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:30 AM		CHECK-IN	SOFMC	CHECK-IN	SOFMC
9:00 AM	9:30 AM	PLAYERS CHANGE	DRESSING ROOM	PLAYERS CHANGE	DRESSING ROOM
9:30 AM	10:30 AM	WORKOUT / ACTIVATION	GYM	ON-ICE	ICE
10:30 AM	11:00 AM	CHANGE FOR ICE	DRESSING ROOM	PLAYERS COOL DOWN / CHANGE	
11:00 AM	12:00 PM	ON-ICE	ICE	LUNCH	LIONS DEN
12:00 PM	12:30 PM	PLAYERS COOL DOWN / CHANGE		CHANGE FOR ICE	DRESSING ROOM
12:30 PM	2:00 PM	LUNCH	LIONS DEN	SCRIMMAGE	ICE
2:00 PM	2:30 PM	CHANGE FOR ICE	DRESSING ROOM	CHANGE FOR GYM	DRESSING ROOM
2:30 PM	4:00 PM	SCRIMMAGE	ICE	WORKOUT RECOVERY	GYM
4:00 PM	4:30 PM	PLAYERS COOL DOWN / CHANGE		PLAYERS COOL DOWN / CHANGE	
4:30 PM		DEPART ARENA		DEPART ARENA	

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A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.



Thursday, August, 22, 2024



START	END	TEAM BLUE		TEAM WHITE	
		ACTIVITY	LOCATION	ACTIVITY	LOCATION
8:30 AM		CHECK-IN	SOFMC	CHECK-IN	SOFMC
9:00 AM	9:30 AM	PLAYERS CHANGE	DRESSING ROOM	PLAYERS CHANGE	DRESSING ROOM
9:30 AM	10:30 AM	ON-ICE (9:30 AM - 11:00 AM)	ICE	TEAM VIDEO	VIDEO ROOM
10:30 AM	11:00 AM	PLAYERS COOL DOWN / CHANGE		ACTIVATION / GYM	GYM
11:00 AM	12:00 PM	LUNCH	LIONS DEN	LUNCH	LIONS DEN
12:00 PM	12:30 PM	TEAM VIDEO	VIDEO ROOM	PLAYERS CHANGE	DRESSING ROOM
12:30 PM	1:00 PM	CHANGE FOR ICE / GYM	DRESSING ROOM	ON-ICE (12:30 PM - 2:00 PM)	ICE
1:00 PM	2:00 PM	ACTIVATION / GYM	GYM	PLAYERS COOL DOWN / CHANGE	DRESSING ROOM
2:00 PM	3:30 PM	PLAYER EXIT MEETINGS	VIDEO ROOM	PLAYER EXIT MEETINGS	VIDEO ROOM
3:30 PM	4:30 PM	PLAYER EXIT MEETINGS	VIDEO ROOM	PLAYER EXIT MEETINGS	VIDEO ROOM
4:30 PM		DEPART ARENA		DEPART ARENA	

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Players will be grouped based on age for Day 1.

Following Day 1, players will be re-grouped based on age and ability.

A lunch menu will be distributed closer to the date of camp.

Snacks will also be provided throughout the day for athletes.

Players are required to bring with them: full equipment, two sticks, running shoes, t-shirt and shorts.

Players will be provided with: jersey, namebar, workout t-shirt, workout shorts and a hat.