



Monday, August 17, 2026 - Thursday, August 20, 2026

START	END	U9 SUMMER HUB DEVELOPMENT	
		ACTIVITY	LOCATION
9:25 AM		ARRIVAL	SOFMC LOBBY (GATE 3)
9:30 AM	9:45 AM	VIDEO	VIDEO ROOM
9:45 AM	10:05 AM	ACTIVATION / GOALIE CHANGE	DRESSING ROOM
10:05 AM	10:30 AM	GOALIE SESSION	ICE
10:30 AM	11:10 AM	POWER SKATING	ICE
11:10 AM	11:25 AM	FLOOD / BREAK	-
11:25 AM	12:15 PM	SKILLS SESSION	ICE
12:15 PM	12:30 PM	CHANGE FOR GYM	DRESSING ROOM
12:30 PM	1:20 PM	OFF-ICE WORKOUT	GYM
1:20 PM	1:40 PM	CHANGE / MEAL	LION'S DEN
1:40 PM		DEPART ARENA	DEPART ARENA

NOTES

Players are to be dropped off and picked up at SOFMC Gate #3.

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

Snacks will 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 and workout shorts.