



Monday, August 10, 2026 - Thursday, August 13, 2026

START	END	U13 SUMMER HUB DEVELOPMENT	
		ACTIVITY	LOCATION
1:45 PM		ARRIVAL	SOFMC LOBBY (GATE 3)
1:50 PM	2:05 PM	VIDEO	VIDEO ROOM
2:05 PM	2:25 PM	ACTIVATION / GOALIE CHANGE	DRESSING ROOM
2:25 PM	2:50 PM	GOALIE SESSION	ICE
2:50 PM	3:30 PM	POWER SKATING	ICE
3:30 PM	3:45 PM	FLOOD / BREAK	-
3:45 PM	4:35 PM	SKILLS SESSION	ICE
4:35 PM	4:50 PM	CHANGE FOR GYM	DRESSING ROOM
4:50 PM	5:40 PM	OFF-ICE WORKOUT	GYM
5:40 PM	6:00 PM	CHANGE / MEAL	LION'S DEN
6:00 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.