



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

START	END	U15 FEMALE SUMMER DEVELOPMENT	
		ACTIVITY	LOCATION
11:35 AM		ARRIVAL	SOFMC LOBBY (GATE 3)
11:40 AM	11:55 AM	VIDEO	VIDEO ROOM
11:55 AM	12:15 PM	ACTIVATION / GOALIE CHANGE	DRESSING ROOM
12:15 PM	12:40 PM	GOALIE SESSION	ICE
12:40 PM	1:20 PM	POWER SKATING	ICE
1:20 PM	1:35 PM	FLOOD / BREAK	-
1:35 PM	2:25 PM	SKILLS SESSION	ICE
2:25 PM	2:40 PM	CHANGE FOR GYM	DRESSING ROOM
2:40 PM	3:30 PM	OFF-ICE WORKOUT	GYM
3:30 PM	3:50 PM	CHANGE / MEAL	LION'S DEN
3:50 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.