



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

START	END	U18 / Jr. PREP BOYS SUMMER DEVELOPMENT	
		ACTIVITY	LOCATION
7:15 AM		ARRIVAL	SOFMC LOBBY (GATE 3)
7:20 AM	7:35 AM	VIDEO	VIDEO ROOM
7:35 AM	7:55 AM	ACTIVATION / GOALIE CHANGE	DRESSING ROOM
7:55 AM	8:20 AM	GOALIE SESSION	ICE
8:20 AM	9:00 AM	POWER SKATING	ICE
9:00 AM	9:15 AM	FLOOD / BREAK	-
9:15 AM	10:05 AM	SKILLS SESSION	ICE
10:05 AM	10:20 AM	CHANGE FOR GYM	DRESSING ROOM
10:20 AM	11:10 AM	OFF-ICE WORKOUT	GYM
11:10 AM	11:30 AM	CHANGE / MEAL	LION'S DEN
11:30 AM		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.