



FEMALE FUTURES CAMP SCHEDULE



REGINA, SK • COOPERATORS CENTRE

APRIL 26th-28th, 2024

TEAM 1- BLACK		
FRIDAY APRIL 26th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
3:00pm	REGISTRATION	Sasktel Be Kind Online Arena
3:30-4:00pm	DRYLAND TRAINING	PEAK PERFORMANCE
4:30-5:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena
SATURDAY APRIL 27th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
8:45-9:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena
10:15-10:45am	DRYLAND TRAINING	PEAK PERFORMANCE
1:00-1:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena
3:00-3:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
5:15-6:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena
SUNDAY APRIL 28th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:15-10:15am	Game vs. Team 3	Sasktel Be Kind Online Arena
11:45-12:45pm	Game vs. Team 2	Sasktel Be Kind Online Arena



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TEAM 2- WHITE		
FRIDAY APRIL 26th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
4:00pm	REGISTRATION	Sasktel Be Kind Online Arena
4:30-5:00pm	DRYLAND TRAINING	PEAK PERFORMANCE
5:30-6:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena
SATURDAY APRIL 27th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:45-10:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena
11:15-11:45am	DRYLAND TRAINING	PEAK PERFORMANCE
2:00-2:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena
4:00-4:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
6:15-7:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena
SUNDAY APRIL 28th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:30-11:30am	Game vs. Team 4	Sasktel Be Kind Online Arena
11:45-12:45pm	Game vs. Team 1	Sasktel Be Kind Online Arena



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TEAM 3- GREEN

FRIDAY APRIL 26th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
5:00pm	REGISTRATION	Sasktel Be Kind Online Arena
5:30-6:00pm	DRYLAND TRAINING	PEAK PERFORMANCE
6:30-7:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena

SATURDAY APRIL 27th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:45-11:30am	SKILL SESSION #1	Sasktel Be Kind Online Arena
12:15-12:45pm	DRYLAND TRAINING	PEAK PERFORMANCE
3:00-3:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena
5:00-5:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
7:15-8:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena

SUNDAY APRIL 28th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:15-10:15am	Game vs. Team 1	Sasktel Be Kind Online Arena
1:00-2:00pm	Game vs. Team 4	Sasktel Be Kind Online Arena



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TEAM 4- GREY

FRIDAY APRIL 26th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
6:00pm	REGISTRATION	Sasktel Be Kind Online Arena
6:30-7:00pm	DRYLAND TRAINING	PEAK PERFORMANCE
7:30-8:15pm	SKATING TESTING/POWER SKATING	Sasktel Be Kind Online Arena

SATURDAY APRIL 27th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
11:45-12:30pm	SKILL SESSION #1	Sasktel Be Kind Online Arena
1:15-1:45pm	DRYLAND TRAINING	PEAK PERFORMANCE
4:00-4:45pm	SKILL SESSION #2	Sasktel Be Kind Online Arena
6:00-6:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
8:15-9:00pm	TEAM PRACTICE	Sasktel Be Kind Online Arena

SUNDAY APRIL 28th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:30-11:30am	Game vs. Team 2	Sasktel Be Kind Online Arena
1:00-2:00pm	Game vs. Team 3	Sasktel Be Kind Online Arena



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APRIL 26th-28th, 2024

TEAM 5- BLACK

FRIDAY APRIL 26th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
2:30pm	REGISTRATION	Cooperators Arena
3:00-3:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
4:15-5:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena

SATURDAY APRIL 27th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
8:30-9:15am	SKILL SESSION #1	Cooperators Arena
9:45-10:15am	DRYLAND TRAINING	PEAK PERFORMANCE
12:45-1:30pm	SKILL SESSION #2	Cooperators Arena
3:00-3:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
5:00-5:45pm	TEAM PRACTICE	Cooperators Arena

SUNDAY APRIL 28th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:00-10:00am	Game vs. Team 7	Cooperators Arena
11:30-12:30pm	Game vs. Team 6	Cooperators Arena



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TEAM 6- WHITE

FRIDAY APRIL 26th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
3:30pm	REGISTRATION	Cooperators Arena
4:00-4:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
5:15-6:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena

SATURDAY APRIL 27th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:30-10:15am	SKILL SESSION #1	Cooperators Arena
10:45-11:15am	DRYLAND TRAINING	PEAK PERFORMANCE
1:45-2:30pm	SKILL SESSION #2	Cooperators Arena
4:00-4:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
6:00-6:45pm	TEAM PRACTICE	Cooperators Arena

SUNDAY APRIL 28th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:15-11:15am	Game vs. Team 8	Cooperators Arena
11:30-12:30pm	Game vs. Team 5	Cooperators Arena



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TEAM 7- GREEN		
FRIDAY APRIL 26th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
4:30pm	REGISTRATION	Cooperators Arena
5:00-5:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
6:15-7:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena
SATURDAY APRIL 27th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:30-11:15am	SKILL SESSION #1	Cooperators Arena
11:45-12:15pm	DRYLAND TRAINING	PEAK PERFORMANCE
2:45-3:30pm	SKILL SESSION #2	Cooperators Arena
5:00-5:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
7:00-7:45pm	TEAM PRACTICE	Cooperators Arena
SUNDAY APRIL 28th		
<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
9:00-10:00am	Game vs. Team 5	Cooperators Arena
12:45-1:45pm	Game vs. Team 8	Cooperators Arena



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TEAM 8- GREY

FRIDAY APRIL 26th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
5:30pm	REGISTRATION	Cooperators Arena
6:00-6:30pm	DRYLAND TRAINING	PEAK PERFORMANCE
7:15-8:00pm	SKATING TESTING/POWER SKATING	Cooperators Arena

SATURDAY APRIL 27th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
11:30-12:15pm	SKILL SESSION #1	Cooperators Arena
12:45-1:15pm	DRYLAND TRAINING	PEAK PERFORMANCE
3:45-4:30pm	SKILL SESSION #2	Cooperators Arena
6:00-6:45pm	INTRO TO LACROSSE	Brunswick Steel Arena
8:00-8:45pm	TEAM PRACTICE	Cooperators Arena

SUNDAY APRIL 28th

<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
10:15-11:15am	Game vs. Team 6	Cooperators Arena
12:45-1:45pm	Game vs. Team 7	Cooperators Arena