



OPA CAMP ONE

SESSION I

June 22 - 26, 2009

10 - Hour Session (Week One)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Time Evaluation	Strength Time Evaluations	Vertical Jump Testing
12:00PM	Skating Resistance Training	Skating Resistance Training	Agility Testing
12:30PM			Endurance Testing
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Individual Defense Fundamentals	Shooting, Scoring and Puck Control	Russion Box
12:00PM			Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Play Systems	Penalty Kill Systems	Russion Box
12:00PM			Agility
12:30pm	Half Court Scrimmage - Evaluations	Half Court Scrimmage - Evaluations	Endurance
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Offensive Team Systems	Defensive Team Systems	Russion Box
12:00PM			Agility
12:30PM	Full Court Scrimmage - Evaluations	Full Court Scrimmage - Evaluations	Endurance



OPA CAMP ONE

SESSION II

July 6 - 10, 2009

10 - Hour Session (Week Two)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Evaluation (Follow-up)	Strength Evaluations (Follow-up)	Vertical Jump Evaluation
12:00PM	Skating Resistance Training (Follow-up)	Skating Resistance Training (Follow-up)	Russion Box
12:30PM			Agility
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Shooting, Scoring and Puck Control	Shooting, Scoring and Puck Control	Russion Box
12:00PM	Offensive Team Systems	Defensive Team Systems	Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage		
12:00PM			
12:30pm			
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage Finals		
12:00PM			
12:30PM			
12:45PM	T-shirt & Awards Presentation		



OPA CAMP TWO

SESSION I

July 13 - 17, 2009

10 - Hour Session (Week One)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Time Evaluation	Strength Time Evaluations	Vertical Jump Testing
12:00PM	Skating Resistance Training	Skating Resistance Training	Agility Testing
12:30PM			Endurance Testing
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Individual Defense Fundamentals	Shooting, Scoring and Puck Control	Russion Box
12:00PM			Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Play Systems	Penalty Kill Systems	Russion Box
12:00PM			Agility
12:30pm	Half Court Scrimmage - Evaluations	Half Court Scrimmage - Evaluations	Endurance
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Offensive Team Systems	Defensive Team Systems	Russion Box
12:00PM			Agility
12:30PM	Full Court Scrimmage - Evaluations	Full Court Scrimmage - Evaluations	Endurance



OPA CAMP TWO

SESSION II

July 20 - 24, 2009

10 - Hour Session (Week Two)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Evaluation (Follow-up)	Strength Evaluations (Follow-up)	Vertical Jump Evaluation
12:00PM	Skating Resistance Training (Follow-up)	Skating Resistance Training (Follow-up)	Russion Box
12:30PM			Agility
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Shooting, Scoring and Puck Control	Shooting, Scoring and Puck Control	Russion Box
12:00PM	Offensive Team Systems	Defensive Team Systems	Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage		
12:00PM			
12:30pm			
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage Finals		
12:00PM			
12:30PM			
12:45PM	T-shirt & Awards Presentation		



OPA CAMP THREE

SESSION I

August 3 - 7, 2009

10 - Hour Session (Week One)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Time Evaluation	Strength Time Evaluations	Vertical Jump Testing
12:00PM	Skating Resistance Training	Skating Resistance Training	Agility Testing
12:30PM			Endurance Testing
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Individual Defense Fundamentals	Shooting, Scoring and Puck Control	Russion Box
12:00PM			Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Play Systems	Penalty Kill Systems	Russion Box
12:00PM			Agility
12:30pm	Half Court Scrimmage - Evaluations	Half Court Scrimmage - Evaluations	Endurance
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Offensive Team Systems	Defensive Team Systems	Russion Box
12:00PM			Agility
12:30PM	Full Court Scrimmage - Evaluations	Full Court Scrimmage - Evaluations	Endurance



OPA CAMP THREE

SESSION II

August 10 - 14, 2009

10 - Hour Session (Week Two)

50 Player Maximum

Monday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Speed Skating Evaluation (Follow-up)	Strength Evaluations (Follow-up)	Vertical Jump Evaluation
12:00PM	Skating Resistance Training (Follow-up)	Skating Resistance Training (Follow-up)	Russion Box
12:30PM			Agility
Tuesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Shooting, Scoring and Puck Control	Shooting, Scoring and Puck Control	Russion Box
12:00PM	Offensive Team Systems	Defensive Team Systems	Agility
12:30PM			Endurance
Wednesday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Power Skating Fundamentals	Intermediate Goalie Fundamentals	Russion Box
12:00PM	Overspeed & Power Skating	Intermediate Goalie Fundamentals	Agility
12:30PM			Endurance
Thursday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage		
12:00PM			
12:30pm			
Friday	Rink Half 1	Rink Half 2	Off-rink Strength Conditioning
11:00AM	Warm-ups	Warm-ups	
11:15AM	Round Robin Scrimmage Finals		
12:00PM			
12:30PM			
12:45PM	T-shirt & Awards Presentation		