

STILLWATER HOCKEY

Lumberyard Night Schedule - PLAYERS

October 23rd - December 3rd:

Group	Arrive Time	Off Ice	Start Ice	End Ice	Depart Time	Total Time
Group #1	5:15	5:15 - 5:45	6:00	6:50	6:55	1 h 40 min
Group #2	6:15	6:15 - 6:45	7:00	7:50	7:55	1 h 40 min
Group #3	7:15	7:15 - 7:45	8:00	8:50	8:55	1 h 40 min
Group #4	8:15	8:15 - 8:45	9:00	9:50	9:55	1 h 40 min

December 4th - February 8th: (MONDAY/WEDNESDAY)

Group	Arrive Time	Off Ice	Start Ice	End Ice	Depart Time	Total Time
Group #1	5:55	5:55 - 6:25	6:40	7:25	7:30	1 h 35 min
Group #2	6:50	6:50 - 7:20	7:35	8:20	8:25	1 h 35 min
Group #3	7:45	7:45 - 8:15	8:30	9:15	9:20	1 h 35 min
Group #4	8:40	8:40 - 9:10	9:25	10:10	10:15	1 h 35 min

December 4th - February 8th: (TUESDAY/THURSDAY)

Group	Arrive Time	Off Ice	Start Ice	End Ice	Depart Time	Total Time
Group #1	6:40	6:40 - 7:10	7:25	8:10	8:15	1 h 35 min
Group #2	7:35	7:35 - 8:05	8:20	9:05	9:10	1 h 35 min
Group #3	8:30	8:30 - 9:00	9:15	10:00	10:05	1 h 35 min

30 minute dryland/stickhandling/shooting/hockey IQ ALWAYS PRIOR to on-ice session

Coaches and players must attend



2017-2018 SAHA
PLAYER
DEVELOPMENT
PROGRAM

STILLWATER HOCKEY

LumberYard Schedule - GOALIES

October 23rd - December 3rd:

Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	5:15	5:30	6:25	6:25-6:50	6:55	1 h 40 min
Group #2	6:15	6:30	7:25	7:25-7:50	7:55	1 h 40 min
Group #3	7:15	7:30	8:25	8:25-8:50	8:55	1 h 40 min
Group #4	8:15	8:30	9:25	9:25-9:50	9:55	1 h 40 min

December 4th - February 8th: **(MONDAY/WEDNESDAY)**

Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	5:55	6:10	7:05	7:05 - 7:25	7:30	1 h 35 min
Group #2	6:50	7:05	8:00	8:00 - 8:20	8:25	1 h 35 min
Group #3	7:45	8:00	8:55	8:55 - 9:15	9:20	1 h 35 min
				9:50 -		
Group #4	8:40	8:55	9:50	10:10	10:15	1 h 35 min

December 4th - February 8th: **(TUESDAY/THURSDAY)**

Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	6:40	6:55	7:50	7:50-8:10	8:15	1 h 35 min
Group #2	7:35	7:50	8:45	8:45-9:05	9:10	1 h 35 min
Group #3	8:30	8:45	9:40	9:40-10:00	10:05	1 h 35 min

Goalies report to small sheet at the designated time

MEGA will conduct a 55 minute session with the teams goalies

Goalies will also join their team for 25 minutes (1st half or 2nd half)

Coaches will need to prepare for the goalies being at 1/2 of the session

Goalies will be done at the exact same time as their team.



**2017-2018 SAHA GOALIE
DEVELOPMENT
PROGRAM**