

All Players,

Our camp starts Monday morning promptly at 8AM. We will be at Aston Iceworks rink 4. Please be on time to get ready on the ice @ 8. Our Yoga for Athletes class will be held in the party room between rink 3& 4. Please be sure to bring a Yoga mat & towel. Please note Power Skate session with Mark Cardillo is Tuesday 12:30-2PM Camp schedule is below:

Day	Time (on-Ice)	Off-Ice	Lunch	On-Ice	Yoga for Athletes
Mon	8-9:30A	9:45-11:15	11:30-12:15	12:30-2P	2:15-3:30P
Tue	8-9:30A	9:45-11:15	11:30-12:15	Pwr Skate	2:15-3:30P
Weds	8-9:30A	9:45-11:15	11:30-12:15	12:30-2P	2:15-3:30P
Thur	8-9:30A	9:45-11:15	Mr. Pasta	12:30-2P	Scrimmage