



2024 NDAHA Player Development High Performance Camp

April 12-14, 2024

GIRLS CAMP SCHEDULE

Icon Sports Center, Eagles Arena, & Ralph Engelstad Arena



GIRLS 2006/2007/2008				GIRLS 2009/2010				GIRLS 2011/2012			
FRIDAY				FRIDAY				FRIDAY			
1:30 PM - 2:00 PM	Icon Choice Dryland Room	06-08 Girls A-K	Dryland Warmup	11:30 AM - 12:00 PM	Icon Choice Dryland	Girls 09/10 A-K	Dryland Warmup	9:30 AM - 10:00 AM	Icon Choice Dryland Room	11/12 Girls A-K	Dryland Warmup
2:15 PM - 3:00 PM	ICON Rydell Rink	06-08 Girls A-K	Power Skating	12:15 PM - 1:00 PM	ICON Rydell Rink	Girls 09/10 A-K	Power Skating	10:15 AM - 11:00 AM	ICON Rydell Rink	11/12 Girls A-K	Power Skating
2:30 PM - 3:00 PM	Icon Choice Dryland Room	06-08 Girls L-Z	Dryland Warmup	12:30 PM - 1:00 PM	Icon Choice Dryland	Girls 09/10 L-Z	Dryland Warmup	10:30 AM - 11:00 AM	Icon Choice Dryland Room	11/12 Girls L-Z	Dryland Warmup
3:15 PM - 4:00 PM	ICON Rydell Rink	06-08 Girls L-Z	Power Skating	1:15 PM - 2:00 PM	ICON Rydell Rink	Girls 09/10 L-Z	Power Skating	11:15 AM - 12:00 PM	ICON Rydell Rink	11/12 Girls L-Z	Power Skating
6:45 PM - 7:30 PM	Blue Line Club Arena	06-08 Girls A-K	Off-Ice Stick/Contact	4:45 PM - 5:30 PM	Blue Line Club Arena	Girls 09/10 A-K	Off-Ice Stick/Contact	3:45 PM - 4:30 PM	Blue Line Club Arena	2011/2012 Girls ALL	Off-Ice Stick/Contact
7:45 PM - 8:30 PM	Blue Line Club Arena	06-08 Girls L-Z	Off-Ice Stick/Contact	5:45 PM - 6:30 PM	Blue Line Club Arena	Girls 09/10 L-Z	Off-Ice Stick/Contact	5:00 PM - 5:45 PM	Eagles Arena	2011/2012 Girls ALL	Small Area Games
8:00 PM - 8:45 PM	Eagles Arena	06-08 Girls A-K	Small Area Games	6:00 PM - 6:45 PM	Eagles Arena	Girls 09/10 A-K	Small Area Games	SATURDAY			
9:00 PM - 9:45 PM	Eagles Arena	06-08 Girls L-Z	Small Area Games	7:00 PM - 7:45 PM	Eagles Arena	Girls 09/10 L-Z	Small Area Games	7:45 AM - 8:45 AM	ICON Judd Rink	11/12 Girls A-K	Practice
SATURDAY				SATURDAY				SATURDAY			
10:15 AM - 11:15 AM	ICON Judd Rink	06-08 Girls L-Z	Practice	12:15 PM - 1:15 PM	REA Olympic	Green & White	Practice	9:00 AM - 10:00 AM	ICON Judd Rink	11/12 Girls L-Z	Practice
11:45 AM - 12:15 PM	Icon Choice Dryland Room	06-08 Girls L-Z	Yoga	1:30 PM - 2:30 PM	REA Olympic	Black & Red	Practice	9:45 AM - 10:15 AM	Icon Choice Dryland Room	11/12 Girls A-K	Yoga
11:30 AM - 12:30 PM	ICON Judd Rink	06-08 Girls A-K	Practice	2:45 PM - 3:15 PM	Icon Choice Dryland Room	White & Green	Yoga	10:45 AM - 11:15 AM	Icon Choice Dryland Room	11/12 Girls L-Z	Yoga
12:45 PM - 1:15 PM	Icon Choice Dryland Room	06-08 Girls A-K	Yoga	3:15 PM - 3:45 PM	Icon Choice Dryland Room	Black & Red	Yoga	12:45 PM - 1:15 PM	ICON Rydell Rink	White vs. Green	Game
2:30 PM - 3:30 PM	ICON Judd Rink	Green vs. Red	Game	8:00 PM - 9:00 PM	ICON Judd Rink	Black vs. White	Game	1:15 PM - 1:45 PM	ICON Rydell Rink	Green vs. Red	Game
3:45 PM - 4:45 PM	ICON Judd Rink	White vs. Gold	Game	9:15 PM - 10:15 PM	ICON Judd Rink	Red vs. Green	Game	1:45 PM - 2:15 PM	Rydell Rink	Red vs. White	Game
SUNDAY				SUNDAY				SUNDAY			
7:45 AM - 8:45 AM	Eagles Arena	Red vs. Gold	Game	12:15 PM - 1:15 PM	REA Olympic	Red vs. White	Game	2:30 PM - 3:00 PM	Eagles Arena	Red vs. White	Game
9:00 AM - 10:00 AM	Eagles Arena	Green vs. White	Game	1:30 PM - 2:30 PM	REA Olympic	Green vs. Black	Game	3:00 PM - 3:30 PM	Eagles Arena	Green vs. Red	Game
								3:30 PM - 4:00 PM	Eagles Arena	White vs. Green	Game

ADDITIONAL ITEMS ENCOURAGED FOR CAMP
PERSONAL WATER BOTTLE
ATHLETIC SHOES/CLOTHING
TOWEL OR YOGA MAT

GOALTENDERS-ALL			
FRIDAY			
9:00AM - 10:00 AM	ICON Judd Rink	B&G 06/07/2010	Goalie Practice
10:15 AM - 11:15 AM	ICON Judd Rink	Boys 2008 & 2009	Goalie Practice
2:00 PM - 3:00 PM	ICON Judd Rink	B&G 11/12 Girls 08/09	Goalie Practice

PLAYER DEVELOPMENT SEMINARS
SATURDAY-TIMES TO BE DETERMINED

2024 High Performance Player Check-In Begins at 7:30 AM on Friday April 12th. You are required to check-in prior to your first session. Check-In is **ONLY DONE** at the **ICON Sports Center**, so if your first session is at the **Eagles Arena** or **Blue Line Club Arena**, you will first need to Check-In.

Goaltenders- Attend the goalie specific session, as well as Dryland, Power Skating, On-Ice Skills, Yoga, Small Area Games, and Games.

Goalies are not required to attend the Off-Ice Contact/Stick Skills Sessions that are held at the Blue Line Club Arena.

Players will wear all gear **MINUS SKATES**, for the session held at the Blue Line Club Arena

SHOOTERS ARE WELCOME AT YOUR RESPECTIVE AGE GOALIE GROUP ON FRIDAY.

For Additional NDAHA Player Development Programs, visit www.ndaha.org