

Upplands Ishockeyförbund

	Extra	Group 1	Group 2	Coaches
07:30				
08:00				
08:30		Warm-Up/Change		Coach Run-Thru
09:00		ICE		
09:30	Parents Meeting	ICE	Practice Run-Thru	
10:00	Program Intro	ICE	Warm-Up/Change	
10:30			ICE	
11:00			ICE	
11:30		LUNCH	ICE	
12:00		Practice Run-Thru		LUNCH
12:30		Warm-Up/Change	LUNCH	LUNCH
13:00		ICE		
13:30		ICE	Practice Run-Thru	
14:00		ICE	Warm-Up/Change	
14:30	Parents Meeting		ICE	
15:00			ICE	
15:30			ICE	
16:00	Parents Meeting			Coach Evaluation
16:30				Coach Evaluation
17:00				
17:30				
18:00				
18:30				
19:00				
	Cafe			
	Is Hallen			