



# OUELLETTE & POULIN ELITE HOCKEY CAMP - July 2 to 6 2018

## Final schedule



### POULIN GROUP: ATHLETES BORN IN 2004 OR OLDER ROUGEAU GROUP: ATHLETES BORN IN 2005 OR YOUNGER

Monday July 2 2018			
TIME	ACTIVITIES	ROOM	DETAILS
7h45	Players registrations - Marie-Philip Poulin Group	Cégep St-Laurent Arena Lobby	Room Assignment
8h00	Players registrations - Lauriane Rougeau Group		Room Assignment
8h15	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
9h00 - 10h25	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
9h00 - 10h00	Off-ice training - Rougeau Group	Outdoor field	Strength & conditioning coach Jordan Burgess
10:35 - 12h00	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
11h00 - 12h00	Off-ice training - Poulin Group	Outdoor field	Strength & conditioning coach Jordan Burgess
12h00 - 13:00	Lunch Poulin Group	Ronald Caron Rink	Hot Buffet
12h30 - 13h30	Lunch Rougeau Group	Ronald Caron Rink	Hot Buffet
13h30 - 14h30	Conference - Rougeau Group	Patriots room	In class Caroline Ouellette - Video Session on Individual and team tactics
13h00	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
13h45 - 15h00	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
15h15 - 16h15	Conference - Poulin Group	Patriots room	In class Caroline Ouellette - Video Session on Individual and team tactics
14h30	Off-ice warm-up - Rougeau Group	Outdoor field	Training clothing & water bottle
15h15 - 16h30	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
16h30	End of activities		Happy rest
Tuesday July 3 2018			
TIME	ACTIVITIES	ROOM	DETAILS
7h00	All Goalies arrival	Ronald Caron Rink	Preparation for the start of activities
7h15	Off-ice warm-up - All Goalies	Outdoor field	Training clothing & water bottle
7h30	Shooters arrival	Ronald Caron Rink	Preparation for the start of activities
8h00 - 8h50	On ice session for all goalies with Kim St-Pierre	Ronald Caron Rink	All Goalies Poulin & Rougeau + 8 shooters
8h00	Players arrival - Poulin Group	Ronald Caron Rink	Preparation for the start of activities
8h15	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
9h00 - 10h25	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
8h30	Players arrival Rougeau group	Ronald Caron Rink	Preparation for the start of activities
9h00 - 10h00	Off-ice training - Rougeau Group	Outdoor field	Skating simulations & Plyometrics - Caroline Ouellette
10:35 - 12h00	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
11h00 - 12h00	Off-ice training - Poulin Group	Outdoor field	Skating simulations & Plyometrics - Caroline Ouellette
12h00 - 13:00	Lunch Poulin Group	Ronald Caron Rink	Hot Buffet
12h30 - 13h30	Lunch Rougeau Group	Ronald Caron Rink	Hot Buffet
13h30 - 14h30	Conference - Rougeau Group	Patriots room	Conference Lauriane Rougeau Olympic journey & Studying at Cornell
13h00	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
13h45 - 15h00	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
15h15 - 16h15	Conference - Poulin Group	Patriots room	Conference Lauriane Rougeau Olympic journey & Studying at Cornell
14h30	Off-ice warm-up - Rougeau Group	Outdoor field	Training clothing & water bottle
15h15 - 16h30	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
16h30	End of activities		Happy rest
Wednesday July 4 2018			
TIME	ACTIVITIES	ROOM	DETAILS
7h00	All Goalies arrival	Ronald Caron Rink	Preparation for the start of activities
7h15	Off-ice warm-up - All Goalies	Outdoor field	Training clothing & water bottle
7h30	Shooters arrival	Ronald Caron Rink	Preparation for the start of activities
8h00 - 8h50	On ice session for all goalies with Kim St-Pierre	Ronald Caron Rink	All Goalies Poulin & Rougeau + 8 shooters
8h00	Players arrival - Poulin Group	Ronald Caron Rink	Preparation for the start of activities
8h15	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
9h00 - 10h25	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
8h30	Players arrival Rougeau group	Ronald Caron Rink	Preparation for the start of activities
9h00 - 10h00	Off-ice training - Rougeau Group	Outdoor field	Power & Strength - Emmanuelle Blais - World Crossfit Games participant
10:35 - 12h00	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
11h00 - 12h00	Off-ice training - Poulin Group	Outdoor field	Power & Strength - Emmanuelle Blais - World Crossfit Games participant
12h00 - 13:00	Lunch Poulin Group	Ronald Caron Rink	Hot Buffet
12h30 - 13h30	Lunch Rougeau Group	Ronald Caron Rink	Hot Buffet
13h30 - 14h30	Conference - Rougeau Group	Patriots room	Conference Sarah Vaillancourt - Confidence, coachability, team first
13h00	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
13h45 - 15h00	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
15h15 - 16h15	Conference - Poulin Group	Patriots room	Conference Sarah Vaillancourt - Confidence, coachability, team first
14h30	Off-ice warm-up - Rougeau Group	Outdoor field	Training clothing & water bottle
15h15 - 16h30	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
16h30	End of activities		Happy rest
Thursday July 5 2018			
TIME	ACTIVITIES	ROOM	DETAILS
7h00	All Goalies arrival	Ronald Caron Rink	Preparation for the start of activities
7h15	Off-ice warm-up - All Goalies	Outdoor field	Training clothing & water bottle
7h30	Shooters arrival	Ronald Caron Rink	Preparation for the start of activities
8h00 - 8h50	On ice session for all goalies with Kim St-Pierre	Ronald Caron Rink	All Goalies Poulin & Rougeau + 8 shooters
8h00	Players arrival - Poulin Group	Ronald Caron Rink	Preparation for the start of activities
8h15	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
9h00 - 10h25	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
8h30	Players arrival Rougeau group	Ronald Caron Rink	Preparation for the start of activities
9h00 - 10h00	Off-ice training - Rougeau Group	Outdoor field	Strength & conditioning coach Jordan Burgess
10:35 - 12h00	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
11h00 - 12h00	Off-ice training - Poulin Group	Outdoor field	Strength & conditioning coach Jordan Burgess
12h00 - 13:00	Lunch Poulin Group	Ronald Caron Rink	Hot Buffet
12h30 - 13h30	Lunch Rougeau Group	Ronald Caron Rink	Hot Buffet
13h30 - 14h30	Conference - Rougeau Group	Patriots room	Conference Mélodie Daoust - Olympic journey & perseverance through the obstacles
13h00	Off-ice warm-up - Poulin Group	Outdoor field	Training clothing & water bottle
13h45 - 15h00	On ice session - Poulin Group	Ronald Caron Rink	Full equipment & water bottle
15h15 - 16h15	Conference - Poulin Group	Patriots room	Conference Mélodie Daoust - Olympic journey & perseverance through the obstacles
14h30	Off-ice warm-up - Rougeau Group	Outdoor field	Training clothing & water bottle
15h15 - 16h30	On ice session - Rougeau Group	Ronald Caron Rink	Full equipment & water bottle
16h30	End of activities		Happy rest
Friday July 6 2018			
TIME	ACTIVITIES	ROOM	DETAILS
8h15	Off-ice warm-up agility - Poulin group	Outdoor field	Training clothing & water bottle
9h00 - 11h20	Game Poulin Group	Ronald Caron Rink	Intersgame Game
9h00 - 10h00	Q & A with Marie-Philip Poulin - Rougeau Group	Patriots room	Discussion with Marie-Philip Poulin
10h45 AM	Off-ice warm-up Agility - Rougeau Group	Outdoor field	Training clothing & water bottle
11h30 - 14h00	Game Rougeau Group	Ronald Caron Rink	Intersgame Game
11h45	Lunch Poulin Group	Ronald Caron Rink	
11h45 - 13h00	Q & A with Marie-Philip Poulin - Poulin Group	Patriots room	Discussion with Marie-Philip Poulin
14h30 - 15h00	Lunch Rougeau Group	Ronald Caron Rink	End of activities Poulin group 13:00 - End of activities Rougeau group 15:00