



**Schedule -Ouellette & Poulin Hockey Camp  
Montréal - August 2 to 4, 2019**

**Location: Ronald Caron Arena, Cégep St-Laurent  
625 Sainte Croix Ave, Saint-Laurent, QC H4L 3X7**

**Friday August 2**

- 4:00pm Arrival at rink and registration - **Regular Program**
- 5:00-6:30pm On ice session - **Regular Program**  
Focus: Return to hockey & communication. Small space competitive games.
- 7:00-8:00pm Off ice training - **Regular Program**
- 4:30pm Arrival at rink and registration - **Elite Program**
- 5:00-6:00pm Off-ice training - **Elite Program**
- 6:30-8:00pm On ice session - **Elite Program**  
Focus: Return to hockey & communication. Small space competitive games.

**Saturday August 3**

- 8:30am Arrival at rink - **Regular Program**
- 9:00-10:00 am On ice session - **Regular Program**  
Focus : Skating technique & puck skills and dekes. Small space competitive games.
- 10:30-11:30am Off ice training - **Regular Program**
- 8:00am Arrival at rink - **Elite Program**
- 8:30-9:30am Off ice training - **Elite Program**
- 10:15-11:45 am On ice session - **Elite Program**  
Focus : Skating technique & puck skills and dekes. Small space competitive games.
- 11:30-12:30pm Lunch
- 12:30-1:30pm In Class Session  
Viewing of the documentary from TSN: *Engraved on a Nation* series - *On the Line*
- 2:00-3:15pm On ice session - **Regular Program**  
Focus : Individual Skills development : Shooting, passing, puck protection. Breakaway games & competitions.

2:00-2:45pm In Class Session – **Elite Program**  
**Conference about team performance and mental preparation**

3:30-5:00pm On ice session – **Elite Program**  
Focus : Individual Skills development : Shooting, passing, puck protection. Position specific drills.  
Breakaway games & competitions.

### **Sunday August 4**

8:30am Arrival at rink – **Regular Program**

9:00-10:00 am On ice session – **Regular Program**

Focus : Skating technique & puck skills and dekes. Small space competitive games.

10:30-11:30am Off ice training – **Regular Program**

8:00am Arrival at rink – **Elite Program**

8:30-9:30am Off ice training – **Elite Program**

10:15-11:45 am On ice session – **Elite Program**

Focus : Skating technique & puck skills and dekes. Small space competitive games.

11:30-12:30pm Lunch

12:30-1:30pm In class session – **Q & A on the Olympic Journey. Pictures & Autographs with our coaches.**

2:00-3:15pm On ice session – **Regular Program**

Focus : Individual Skills development : Shooting, passing, puck protection. Breakaway games & competitions.

2:00-2:45pm Off-ice Training Session – **Elite Program**  
**Collective Games & Competitions**

3:30-5:00pm On ice session – **Elite Program**

Focus : Individual Skills development : Shooting, passing, puck protection. Position specific drills.  
Breakaway games & competitions.

### **Important :**

\* Full hockey equipment including neck guard.

\* You will receive a hockey jersey but you need to bring hockey socks.

\* We will provide a Gatorade water bottle and snacks but you must bring your lunch. There is no restaurant on campus.

