

2019 Oregon Development Camp - Eugene, Oregon

1/25/2019	Group 1 - 2005 and 2006 (Team leader - Jason Falls)
3:30-4:30pm	Players will check in for camp at The Rink Exchange (Lobby)
4:45 PM	Report to Team Leader at The Rink Exchange (Front entry)
4:50-5:00pm	Team Building/Group warm up at The Rink Exchange (Team leader)
5:20 PM	Camp welcome - Flint DOUNGCHAK / Kenny RAUSCH
5:30-6:30pm	Half ice - 4 v 4, Red vs Blue
6:45 PM	Report to Team Leader at The Rink Exchange (Front entry)
6:50-7:10pm	Team Building/Group cool down at The Rink Exchange (Team leader)
7:15 PM	<i>(Players will be turned over to parents for the evening)</i>
1/26/2019	Group 1 - 2005 and 2006 (Team leader - Jason Falls)
7:00-8:00am	ALL Goalies / Girls - 1/2 sheet on ice session
8:15-8:45am	ALL Girls - USAH Girls/Womens - Kristen Wright
8:15-8:45am	All Goalies - Off ice (Goalie specific, TBD)
9:00-9:30am	ALL - Camp Welcome from USAH - Kenny Rausch
9:40 AM	Report to Team Leader at The Rink Exchange
9:45-10:30am	Off ice workout AREA TBD - Jordan James
10:35 AM	Report to Team Leader at The Rink Exchange
10:40-11:25am	Seminar - Western Regional High Performance Camp - Flint DOUNGCHAK
11:30-11:45am	Team Building/Group warm up at The Rink Exchange (Team leader)
12:15-1:15pm	ADM/Skills Practice
1:30-1:40pm	Team Building/Group cool down at The Rink Exchange (Team leader)
1:45-2:30pm	Lunch (Players will be turned over to parents)
2:45-3:30pm	Seminar - Path to USAH, Kenny Rausch
3:45 PM	Team Building/Group warm up at The Rink Exchange (Team leader)
4:30-5:30pm	ADM / Small Games
5:45-6:15pm	Off ice workout AREA TBD - Jordan James
6:30 PM	<i>(Players will be turned over to parents for the evening)</i>
1/27/2019	Group 1 - 2005 and 2006 (Team leader - Jason Falls)
6:45-7:45am	Red vs Blue Game
8:00-8:45am	Off ice workout AREA TBD - Jordan James
9:00-9:30am	Team Building/Group cool down at The Rink Exchange (Team leader)
9:45-10:30am	Seminar - "Nutrition, Rest & Recovery" - Jordan James
10:45-11:30am	Seminar - USAH Round table, Kenny Rausch, Flint DOUNGCHAK, Kristen Wright
11:45-12:30PM	ALL - Camp close
12:45 PM	<i>(Players will be turned over to parents for the evening)</i>



The Rink Exchange
 796 West 13th Avenue, Eugene OR 97402
 Phone: (541) 225-5123

All seminars to be held in the large meeting area upstairs at the rink

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Indicates on ice sessions with USAH coaches.