

# 2019 Oregon Development Camp - Eugene, Oregon

<b>1/25/2019</b>	<b>Group 2 - 2002, 2003 and 2004 (Team leader - John Rotar)</b>
4:45-5:45pm	Players will check in for camp at The Rink Exchange (Lobby)
6:00 PM	Report to Team Leader at The Rink Exchange (Front entry)
6:05-6:15pm	Team Building/Group warm up at The Rink Exchange (Team leader)
6:35 PM	Camp welcome - Flint DOUNGCHAK / Kenny RAUSCH
6:45-7:45pm	Half ice - 4 v 4, Red vs Blue
8:00 PM	Report to Team Leader at The Rink Exchange (Front entry)
8:05-8:15pm	Team Building/Group cool down at The Rink Exchange (Team leader)
8:20 PM	<i>(Players will be turned over to parents for the evening)</i>
<b>1/26/2019</b>	<b>Group 2 - 2002, 2003 and 2004 (Team leader - John Rotar)</b>
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	Seminar - Western Regional High Performance Camp - Flint DOUNGCHAK
10:35 AM	Report to Team Leader at The Rink Exchange
10:40-11:25am	Off ice workout AREA TBD - Jordan James
11:30 AM	Report to Team Leader at The Rink Exchange
11:45-12:30pm	Lunch (Players will be turned over to parents)
12:45-1:00pm	Report to Team Leader at The Rink Exchange - Off ice warmup
1:30-2:30pm	ADM/Skills Practice
2:45-3:30pm	Off ice workout AREA TBD - Jordan James
3:45-4:30pm	Seminar - Path to USAH, Kristen Wright
4:45 PM	Team Building/Group warm up at The Rink Exchange (Team leader)
5:45-6:45pm	ADM / Small Games
7:00 PM	<i>(Players will be turned over to parents for the evening)</i>
<b>1/27/2019</b>	<b>Group 2 - 2002, 2003 and 2004 (Team leader - John Rotar)</b>
7:00-7:45am	Off ice workout AREA TBD - Jordan James
8:00-9:00am	Red vs Blue Game
9:15-9:30am	Team Building/Group cool down at The Rink Exchange (Team leader)
9:45-10:30am	Seminar - USAH Round table, Kenny Rausch, Flint DOUNGCHAK, Kristen Wright
10:45-11:30am	Seminar - "Nutrition, Rest & Recovery" - Jordan James
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**

**Lester Sparks, President**  
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**Indicates on ice sessions with USAH coaches.**