

# 2024 Oregon Development Camp - Eugene, Oregon (The Rink Exchange)

Indicates on ice sessions with USAH coaches.

## 1/19/24 Development Camp - Day 1

3:30-4:30pm	Check in - 2010 & 2011
4:45-5:15pm	Off ice workout (West Mezzanine)- Jordan James
5:45-6:45pm	USAH SAG Practice (10/11)
4:45-5:45pm	Check in - 2009
6:00-6:30pm	Off ice workout (West Mezzanine)- Jordan James
7:00-8:00pm	USAH SAG Practice (09)
6:00-7:00pm	Check in - 2007 & 2008
7:15-7:45pm	Off ice workout (West Mezzanine)- Jordan James
8:15-9:15pm	USAH SAG Practice (07/08)



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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  
All off ice to be held on the West Mezzanine

## 1/20/24 Development Camp - Day 2

2010/2011 (Birth Year)

7:45-8:45am	USAH - Skills Practice
9:00-9:30am	Off ice workout (West Mezzanine)- Jordan James
9:45-10:45am	USAH - (Upstairs) Kristen Wright, Manager of Player Development
11:00-11:45am	Off ice workout (West Mezzanine)- Jordan James
11:45am	Lunch (Players will be turned over to parents)
3:00-3:45pm	Seminar - USAH FAQ & Pathways
4:00-5:00pm	Seminar - Rest, Recovery, Refuel and more - Jordan James
5:30-6:30pm	White vs Navy Game
6:45pm	(Players will be turned over to parents for the evening)

2009 (Birth Year)

9:30-10:00am	Off ice workout (West Mezzanine)- Jordan James
10:30-11:30am	USAH - Skills Practice
11:45-12:45pm	USAH - (Upstairs) Kristen Wright, Manager of Player Development
1:00-1:45pm	Off ice workout (West Mezzanine)- Jordan James
2:00-2:45pm	Seminar - USAH FAQ & Pathways
3:00 PM	Lunch (Players will be turned over to parents)
5:15-6:15pm	Seminar - Rest, Recovery, Refuel and more - Jordan James
6:45-7:45pm	White vs Navy Game
8:00pm	(Players will be turned over to parents for the evening)

2007/2008 (Birth Years)

10:30-11:00am	Off ice workout (West Mezzanine)- Jordan James
11:45-12:45pm	USAH - Skills Practice
1:00-2:00pm	USAH - (Upstairs) Kristen Wright, Manager of Player Development
2:05-2:50pm	Off ice workout (West Mezzanine)- Jordan James
3:00-4:00pm	Seminar - USAH FAQ & Pathways
4:15pm	Lunch (Players will be turned over to parents)
6:30-7:15pm	Seminar - Rest, Recovery, Refuel and more - Jordan James
8:00-9:00pm	White vs Navy Game
9:15pm	(Players will be turned over to parents for the evening)

## 1/21/24 Development Camp - Day 3

2010/2011 (Birth Year)

8:15-9:15am	White vs Navy Game
9:30-10:30am	USAH activity TBA
10:45-11:00am	Camp close (Upstairs)
11:15am	(Players will be turned over to parents, Thank you!!!)
12:30-1:15pm	USAH GIRLS (Only) FAQ
1:45-2:45pm	USAH - Skills Practice GIRLS (Only)
3:00pm	(Players will be turned over to parents, Thank you!!!)

2009 (Birth Year)

8:15-9:15pm	USAH activity TBA
9:30-10:30am	White vs Navy Game
10:45-11:00am	Camp close (Upstairs)
11:15am	(Players will be turned over to parents, Thank you!!!)
12:30-1:15pm	USAH GIRLS (Only) FAQ
1:45-2:45pm	USAH - Skills Practice GIRLS (Only)
3:00pm	(Players will be turned over to parents, Thank you!!!)

2007/2008 (Birth Years)

9:30-10:30am	TBD
10:45-11:45am	White vs Navy Game
12:00-12:15pm	Camp close (Upstairs)
12:30pm	(Players will be turned over to parents for the evening)
12:30-1:15pm	USAH GIRLS (Only) FAQ
1:45-2:45pm	USAH - Skills Practice GIRLS (Only)
3:00pm	(Players will be turned over to parents for the evening)