

# 2020 Oregon Development Camp - Eugene, Oregon (The Rink Exchange)



**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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**Cell # 971.219.6367**

**Indicates on ice sessions with USAH coaches.**

**1/31/2020 Group 1 - 2003, 2004 & 2005 (Team leader - John Rotar)**

2:15-3:00pm Player check in - The Rink Exchange (Lobby)  
 3:15pm Report to Team Leader - (Front entry)  
 3:20-3:30pm Team Building/Group warm up (Team leader)  
 4:15pm Camp welcome - USA HOCKEY (Outside locker room)  
**4:30-5:30pm Half ice - 4 v 4, Red vs Blue (03/04 Side A & 05 Side B)**  
 5:45pm Report to Team Leader - (Front entry)  
 5:50pm-6:10pm Team Building/Group cool down (Team leader)  
 6:15pm *(Players will be turned over to parents for the evening)*

**2/1/2020 Group 1 - 2003, 2004 & 2005 (Team leader - John Rotar)**

**7:00-8:00am All Goalies / All Girls (1/2 ice Skills practice)**  
 8:15-9:00am All Girls - USA HOCKEY , Heather Mannix (Upstairs)  
 8:15-9:00am All Goalies - USA HOCKEY, Darin Campbell/Christy Picard Dimmig (Upstairs)  
 9:15am Report to Team Leader - (Front entry)  
 9:30-10:30am Off ice workout AREA TBD - Jordan James  
 10:35am Report to Team Leader - (Front entry)  
 10:45-11:45am Seminar - USA HOCKEY (Meeting room - upstairs)  
 11:50am Report to Team Leader - (Front entry)  
 12:00-12:15pm Team Building (Team leader)  
 12:15-1:15pm Lunch *(Players will be turned over to parents)*  
**2:00-3:00pm ADM/Skills Practice**  
 3:15-4:15pm Off ice workout AREA TBD - Jordan James  
**4:30-5:30pm ADM/ Small Games**  
 5:45-6:30pm Dinner *(Players will be turned over to parents)*  
**7:00-8:00pm Red vs Blue Game**  
 8:15-9:00pm Seminar - USA HOCKEY (Meeting room - upstairs)  
 9:15pm *(Players will be turned over to parents for the evening)*

**2/2/2020 Group 1 - 2003, 2004 & 2005 (Team leader - John Rotar)**

**6:00-6:45am All Goalies / All Girls (1/2 ice Skills practice)**  
**7:00-8:00am Red vs Blue Game**  
 8:15-9:00am Off ice workout AREA TBD - Jordan James  
 9:00-9:30am Team Building (Team leader)  
 9:45-10:30am Seminar - "Nutrition, Rest & Recovery" - Jordan James  
 10:45-11:30am Seminar - USA Hockey Round Table  
 11:45-12:30pm ALL - Camp close  
 12:45pm *(Players will be turned over to parents for the evening)*

**1/31/2020 Group 2 - 2006 & 2007 (Team leader - Jason Falls)**

3:30-4:15pm Player check in - The Rink Exchange (Lobby)  
 4:30pm Report to Team Leader - (Front entry)  
 4:35-4:45pm Team Building/Group warm up (Team leader)  
 5:30pm Camp welcome - USA HOCKEY (Outside locker room)  
**5:45-6:45pm Half ice - 4 v 4, Red vs Blue (06 Side A & 07 Side B)**  
 7:00pm Report to Team Leader - (Front entry)  
 7:05-7:15pm Team Building/Group cool down (Team leader)  
 7:20pm *(Players will be turned over to parents for the evening)*

**2/1/2020 Group 2 - 2006 & 2007 (Team leader - Jason Falls)**

**7:00-8:00am All Goalies / All Girls (1/2 ice Skills practice)**  
 8:15-9:00am All Girls - USA HOCKEY , Heather Mannix (Upstairs)  
 8:15-9:00am All Goalies - USA HOCKEY, Darin Campbell/Christy Picard Dimmig (Upstairs)  
 9:15am Report to Team Leader - (Front entry)  
 9:30-10:30am Seminar - USA HOCKEY (Meeting room - upstairs)  
 10:35am Report to Team Leader - (Front entry)  
 10:45-11:45am Off ice workout AREA TBD - Jordan James  
 11:50am Report to Team Leader - (Front entry)  
 12:00-12:15pm Team Building (Team leader)  
 12:15-1:15pm Lunch *(Players will be turned over to parents)*  
 1:30-2:30pm Off ice workout AREA TBD - Jordan James  
**3:15-4:15pm ADM/Skills Practice**  
 4:30-5:15pm Dinner *(Players will be turned over to parents)*  
**5:45-6:45pm ADM/ Small Games**  
 7:00-7:45pm Seminar - USA HOCKEY (Meeting room - upstairs)  
**8:15-9:15pm Red vs Blue Game**  
 9:30pm *(Players will be turned over to parents for the evening)*

**2/2/2020 Group 2 - 2006 & 2007 (Team leader - Jason Falls)**

**6:00-6:45am All Goalies / All Girls (1/2 ice Skills practice)**  
**7:00-7:45am Off ice workout AREA TBD - Jordan James**  
**8:15-9:15am Red vs Blue Game**  
 9:25-9:35pm Team Building/Group cool down (Team leader)  
 9:45-10:30am Seminar - "Nutrition, Rest & Recovery" - Jordan James  
 10:45-11:30am Seminar - USA Hockey Round Table  
 11:45-12:30pm ALL - Camp close  
 12:45pm *(Players will be turned over to parents for the evening)*