

2023 Oregon Development Camp - Eugene, Oregon (The Rink Exchange)



Indicates on ice sessions with USAH coaches.

Date	Group 1 - 2006 & 2007	Date	Group 2 - 2008 & 2009	Date	Group 3 - 2010 & 2011 (Team Oregon)
1/20/2023	Group 1 - 2006 & 2007	1/20/2023	Group 2 - 2008 & 2009	1/20/2023	Group 3 - 2010 & 2011 (Team Oregon)
4:00-5:15pm	Player check in - The Rink Exchange (Lobby)	5:15-6:30pm	Player check in - The Rink Exchange (Lobby)		NO ACTIVITIES
6:00pm	Camp welcome - USA HOCKEY (Outside locker room)	7:15pm	Camp welcome - USA HOCKEY (Outside locker room)		
6:15-7:15pm	Skills / SAG Practice	7:30-8:30pm	Skills / SAG Practice		
7:30pm	<i>(Players will be turned over to parents for the evening)</i>	8:45pm	<i>(Players will be turned over to parents for the evening)</i>		
1/21/2023	Group 1 - 2006 & 2007	1/21/2023	Group 2 - 2008 & 2009	1/21/2023	Group 3 - 2010 & 2011 (Team Oregon)
8:15-9:15am	All Goalies / All Girls	8:15-9:15am	All Goalies / All Girls		
8:45-9:45am	Off ice workout (West Mezzanine)- ROKKE, Weston O'Connor	9:30-10:00am	USAH - (Upstairs) All Goalies / All Girls		
9:30-10:00am	USAH - (Upstairs) All Goalies / All Girls	10:00-11:00am	Off ice workout (West Mezzanine)- ROKKE, Weston O'Connor		
10:30am	Pre-Ice - Coaches (Outside locker room)	11:45am	Pre-Ice - Coaches (Outside locker room)	11:45-12:45pm	Player check in - The Rink Exchange (Lobby)
10:45-11:45am	Skills / SAG Practice	12:00-1:00pm	Skills / SAG Practice	1:00-1:30pm	Team OR meeting - Meeting (Coaches Intro/program details)
12:00-2:15pm	Lunch (Players will be turned over to parents)	1:15-3:30pm	Lunch (Players will be turned over to parents)	1:45-2:15pm	Off ice warm up (West Mezzanine)- ROKKE, Weston O'Connor
2:30-3:30pm	USAH - (Upstairs) Kristen Wright, Manager of Player Development	3:45-4:45pm	USAH - (Upstairs) Kristen Wright, Manager of Player Development	2:45pm	Camp welcome - USA HOCKEY (Outside locker room)
4:15-5:15pm	Red vs Blue Game	5:00-6:00pm	(2009) Off ice workout (West Mezzanine)- ROKKE, Weston O'Connor	3:00-4:00pm	Skills / SAG practice
5:30-5:45pm	Snack/Re-hydrate	5:30-6:30pm	(2008) Red vs Blue Game	4:15-4:45pm	Snack / Team Building (Team leader)
6:00-6:45pm	Yoga (West Mezzanine) - Kris Chad	6:45-7:00pm	(2008) Snack/Re-hydrate	5:00-6:00pm	USAH - (Upstairs) Kristen Wright, Manager of Player Development
6:45pm	<i>(Players will be turned over to parents for the evening)</i>	6:45-7:45pm	(2009) Red vs Blue Game	6:15-7:15pm	Off ice workout (West Mezzanine)- ROKKE, Weston O'Connor
		7:15-8:00pm	(2008) Yoga (West Mezzanine) - Kris Chad	8:00-9:00pm	White vs Navy Game
		8:00pm	<i>(Players will be turned over to parents for the evening)</i>	9:15-9:30pm	Team OR meeting - What's next
				9:30pm	<i>(Players will be turned over to parents for the evening)</i>
1/22/2023	Group 1 - 2006 & 2007	1/22/2023	Group 2 - 2008 & 2009	1/22/2023	Group 3 - 2010 & 2011 (Team Oregon)
8:15-9:15am	Red vs Blue Game				NO ACTIVITIES
9:30-10:30am	Off ice workout (West Mezzanine)- ROKKE, Weston O'Connor	9:30-10:30am	(2009) Off ice warm up (West Mezzanine)- ROKKE, Weston O'Connor		
10:45-11:00am	Camp close (Upstairs)	9:30-10:30am	(2008) Red vs Blue Game		
11:15am	<i>(Players will be turned over to parents for the evening)</i>	10:45-11:45am	(2008) Off ice warm up (West Mezzanine)- ROKKE, Weston O'Connor		
		10:45-11:45am	(2009) Red vs Blue Game		
		12:00-12:15pm	Camp close (Upstairs)		
		12:30pm	<i>(Players will be turned over to parents for the evening)</i>		

Lester Sparks, President
 lestersparks33@yahoo.com
 Cell # 971.219.6367

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