



P3 HOCKEY ACADEMY

GRADES 7 & 8

Sample Week



MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
Activity	Time	Location	Activity	Time	Location	Activity	Time	Location	Activity	Time	Location	Activity	Time	Location
GRADE 7			GRADE 8			GRADE 7			GRADE 8			GRADE 7		
Skill Session - On Ice	1:25 - 2:25 pm	Cochrane Arena	Skill Session - On Ice	1:25 - 2:25 pm	Cochrane Arena	Skill Session - On Ice	1:25 - 2:25 pm	Cochrane Arena	Skill Session - On Ice	1:25 - 2:25 pm	Cochrane Arena	B.O.L.D	11:55 am - 12:35 pm	Manach Learn Common

- Manachaban Day 1** Gr 7 Grade 7 & 8s have P3 Hockey Academy in period 5 on alternating days. Above is a sample of 1 week. The following week would
- Manachaban Day 2** Gr 8 have the Grade 8s with 2 ice times and a classroom and the Grade 7s with 2 ice times.
- Manachaban Day 3** Gr 7 We create a very specific calendar as it changes due to long weekends, PD days, holidays etc.
- Manachaban Day 4** Gr 8 We take advantage of Period 5 immediately following lunch time to give us extra time to have the athletes walk over to CA, eat lunch
- Manachaban Day 5** Gr 7 change, get on the ice, shower afterwards and walk back.
- Manachaban Day 6** Gr 8 The Teacher meets them at Manachaban and escorts them to and from, leaving at approx. 1:00 pm.

Fridays Fridays are modified schedules - shorter periods so we will only ever have classroom sessions on Fridays.

Equipment: Parents can deliver equipment to the Cochrane Arena immediately before the icetime if they are available. Equipment can also be stored at Cochrane Arena in the designated P3 locker rooms. It can be dropped off and picked up whenever the arena is open. During COVID restrictions, P3 and CA work together to determine pick up/ drop off times.

The schedule changes slightly through the year as we follow In season and Post season training regimes. In the spring, the focus becomes dryland training

** The schedule is fluid and we adjust as we need to certain conditions. We aim for 60 ice times but there are may be circumstances where it is slightly lower. We communicate with the schools to accommodate their school functions (Terry Fox Run etc) but not work around individual class field trips etc.