



P3 HOCKEY ACADEMY

GRADES 9 - 12



| MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | |
|------------------------|----------------|----------------|------------------|----------------|----------|------------------------|----------------|----------------|------------------|----------------|----------|----------|----------------|----------|
| Activity | Time | Location | Activity | Time | Location | Activity | Time | Location | Activity | Time | Location | Activity | Time | Location |
| Skill Session - On Ice | 8:45 - 9:45 am | Cochrane Arena | Dryland Training | 8:50 - 9:50 am | P3 Gym | Skill Session - On Ice | 8:45 - 9:45 am | Cochrane Arena | Dryland Training | 8:50 - 9:50 am | P3 Gym | B.O.L.D | 9:00 - 9:45 am | Coch HS |

Monday/ Wednesday: Parents drop off at arena before 8:30 am, CHS- walk to school, BVHS- P3 Drives to school following icetime.
Tuesday / Thursday: Parents drop off at SLSFSC before 8:30 am, Southland transportation bus returns all students to school(s)
Friday: All kids arrive at CHS for 9:00 am, P3 drives BVHS students to BV in time for block 2.

Equipment: Equipment can 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 is more dryland training with only 1 ice time. (M,T, Th training, W- ice)

** 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.