



**SHORT TRACK
YOUTH CHAMPIONSHIPS (EAST)
CHAMPIONNATS JEUNESSE (EST)
COURTE PISTE**
OAKVILLE 2023



Canadian Youth Short Track Championships - Camp Schedule

		Age Group							
Time	11 - F	11 - M	Time	12 - F	12 - M	Time	13 - F	13 - M	
11:00			11:00			11:00			
11:15	Arrival / Check In		11:15			11:15			
11:30	Group Warm Up		11:30	Arrival / Check In		11:30			
11:45	Change		11:45	Social - Game		11:45			
12:00	On - Ice (Physical)	Arrival / Check In	12:00	Social - Game		12:00			
12:15		Group Warm Up	12:15	Social - Game		12:15			
12:30		Change	12:30	Social - Game		12:30			
12:45	Change		12:45	Video - Cognitive Mental		12:45	Arrival / Check In		
13:00	Break	On - Ice (Physical)	13:00	Group Warm Up	Break	13:00	Social - Game		
13:15			13:15	Change		13:15	Social - Game		
13:30			13:30	Change		13:30	Social - Game		
13:45		Break	13:45	On - Ice (Physical)	Group Warm Up	13:45	Video - Cognitive Mental		
14:00			14:00	On - Ice (Physical)	Group Warm Up	14:00	Video - Cognitive Mental		
14:15	Social - Game		14:15		Change	14:15	Break	Break	
14:30	Social - Game		14:30	Change		14:30	Break		
14:45	Social - Game		14:45	End	On - Ice (Physical)	14:45	Group Warm Up		
15:00	Video - Cognitive Mental		15:00			15:00	Group Warm Up	Break	
15:15	Video - Cognitive Mental		15:15		Change	15:15	Change		
15:30	End		15:30		End	15:30	On - Ice (Physical)		
15:45			15:45			15:45	On - Ice (Physical)	Group Warm Up	
16:00			16:00			16:00	Change	Change	
16:15			16:15			16:15	Change	On - Ice (Physical)	
16:30			16:30			16:30	End		
16:45			16:45			16:45			
17:00			17:00			17:00	Change		
17:15			17:15			17:15	End		