



**SHORT TRACK  
YOUTH CHAMPIONSHIPS (WEST)  
CHAMPIONNATS JEUNESSE (OUEST)  
COURTE PISTE**  
SASKATOON 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 |               |
| 10:15     | Arrival / Check In       |                     | 10:15         |                          |                     | 10:15                    |                          |        |               |
| 10:30     | Group Warm Up            |                     | 10:30         | Arrival / Check In       |                     | 10:30                    |                          |        |               |
| 10:45     | Change                   |                     | 10:45         |                          |                     | 10:45                    |                          |        |               |
| 11:00     | On - Ice (Physical)      | Arrival / Check In  | 11:00         | Social - Game            |                     | 11:00                    |                          |        |               |
| 11:15     |                          | Group Warm Up       | 11:15         | Respect in Sport         |                     | 11:15                    |                          |        |               |
| 11:30     |                          | Change              | 11:30         | Video - Cognitive Mental |                     | 11:30                    |                          |        |               |
| 11:45     | Change                   | On - Ice (Physical) | 11:45         |                          |                     | 11:45                    | Arrival / Check In       |        |               |
| 12:00     | Break                    |                     | 12:00         | Group Warm Up            | Break               | 12:00                    | Social - Game            |        |               |
| 12:15     |                          |                     | 12:15         | Change                   |                     | 12:15                    | Respect in Sport         |        |               |
| 12:30     |                          | 12:30               | Change        | 12:30                    |                     | Video - Cognitive Mental |                          |        |               |
| 12:45     | Break                    | Break               | 12:45         | On - Ice (Physical)      | Group Warm Up       | 12:45                    | Video - Cognitive Mental |        |               |
| 13:00     |                          |                     | 13:00         |                          |                     | Change                   | 13:00                    | Break  |               |
| 13:15     |                          |                     | Social - Game |                          |                     | 13:15                    | Change                   |        |               |
| 13:30     | Respect in Sport         |                     | 13:30         | Change                   | On - Ice (Physical) | 13:30                    | Group Warm Up            | Break  |               |
| 13:45     | End                      |                     | 13:45         | End                      |                     | 13:45                    |                          |        | Group Warm Up |
| 14:00     | Video - Cognitive Mental |                     | 14:00         |                          |                     | 14:00                    |                          |        | Change        |
| 14:15     | End                      |                     | 14:15         |                          | 14:15               | Change                   | Group Warm Up            |        |               |
| 14:30     |                          |                     | 14:30         |                          | 14:30               | End                      |                          |        |               |
| 14:45     |                          |                     | 14:45         |                          | 14:45               | On - Ice (Physical)      | Group Warm Up            |        |               |
| 15:00     |                          |                     | 15:00         |                          | 15:00               | Change                   | Change                   |        |               |
| 15:15     |                          |                     | 15:15         |                          | 15:15               | Change                   | On - Ice (Physical)      |        |               |
| 15:30     |                          |                     | 15:30         |                          | 15:30               | End                      |                          |        |               |
| 15:45     |                          |                     | 15:45         |                          | 15:45               |                          |                          |        |               |
| 16:00     |                          |                     | 16:00         |                          | 16:00               |                          | Change                   |        |               |
| 16:15     |                          |                     | 16:15         |                          | 16:15               |                          | End                      |        |               |