



**LONG TRACK
YOUTH CHAMPIONSHIPS
CHAMPIONNATS JEUNESSE
LONGUE PISTE**

FORT ST. JOHN 2023



Canadian Youth Long Track Championships - Development Camp

Age Category								
Time	11 - F	11 - M	Time	12 - F	12 - M	Time	13 - F	13 - M
10:45			10:45	Arrival / Check In		10:45		
11:00			11:00	Game (Social)	Video (Mental - Cognitive)	11:00		
11:15			11:15			11:15		
11:30	Arrival / Check In		11:30			11:30		
11:45	Group Warm Up		11:45			11:45		
12:00	Change		12:00	Video (Mental - Cognitive)	Game (Social)	12:00		
12:15	On - Ice (Physical) 12:15 - 1:15		12:15			12:15	Arrival / Check In	
12:30			Snack Break - 30 min		12:30	Game (Social)		Video (Mental - Cognitive)
12:45					12:45			
1:00			Group Warm Up		1:00			1:00
1:15	Change		1:15	Change		1:15		
1:30	Snack Break - 30 min		1:30	On - Ice (Physical) 1:30 - 2:30		1:30	Video (Mental - Cognitive)	
1:45			1:45			Game (Social)		
2:00			2:00			Snack Break - 15 min		
2:15	Video (Mental - Cognitive)	Game (Social)	2:15			2:15	Group Warm Up	
2:30			2:30	Change / END		2:30		
2:45	Video (Mental - Cognitive)		2:45			2:45	Change	
3:00			Game (Social)			3:00	On - Ice (Physical) 3:00 - 4:00	
3:15						3:15		
3:30	End		3:30			3:30		
3:45			3:45			3:45		
4:00					4:00	Change / END		