

Week One: June 19 - 23

Monday, June 19th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Activity	
11:00-12:00 pm	Lunch	
	Movie	
	On-Ice Training	
	Dryland Training	
4:15-5:00 pm	Pick-Up	

Tuesday, June 20th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Games	
10:00-12:00 pm	Top Golf	(Field Trip)
12:30-1:15 pm	Lunch	
	Dryland Training	
	On-Ice Training	
	Inside Games	
4:15-5:00 pm	Pick-Up	

Wednesday, June 21st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
9:30-12:30 pm	Facility Tour: Xcel Energy Center	(Field Trip)
12:30-1:30 pm	Lunch	
	Pre-practice meeting	
	On-Ice Training	
	Dryland Training	
4:15-5:00 pm	Pick-Up	

Thursday, June 22nd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Games	
11:15-12:15 pm	Lunch	
	Dryland Training	
	On-Ice Training	
	Team Building	
4:15-5:00 pm	Pick-Up	

Friday, June 23rd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Dryland Training/ Games	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Two: June 26 - 30

Monday, June 26th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Activity	
11:45-12:30 pm	Lunch	
	Pre-practice meeting	
	Dryland Training	
	On-Ice Training	
	Inside training/games	
4:15-5:00 pm	Pick-Up	

Tuesday, June 27th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Games	
10:00-12:00 pm	Top Golf	(Field Trip)
12:30-1:15 pm	Lunch	
	Dryland Training	
	On-Ice Training	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Wednesday, June 28th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
9:30-12:30 pm	Facility Tour: Xcel Energy Center	(Field Trip)
12:30-1:30 pm	Lunch	
	Pre-practice meeting	
	On-Ice Training	
	Dryland Training	
4:15-5:00 pm	Pick-Up	

Thursday, June 29th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	Outside Games	
	Dryland Training	
12:30-1:30 pm	Lunch	
	On-Ice Training	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Friday, June 30th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Dryland Training/ Games	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Three: July 10 - 14

Monday, July 10th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:15-1:15 pm	Lunch	
	Kickball	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, July 11th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply your own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, July 12th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:15 pm	Lunch	
1:45-3:45 pm	Zero Gravity	(Field Trip)
	Outside Games	
4:15-5:00 pm	Pick-Up	

Thursday, July 13th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:15 pm	Lunch	
	Movie	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Friday, July 14th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
1:10-4:00 pm	Bowlero	(Field Trip)
4:15-5:00 pm	Pick-Up	

Week Four: July 24 - 28

Monday, July 24th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:15-1:15 pm	Lunch	
	Kickball	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, July 25th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply yor own)
	Inside Training	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, July 26th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
11:00-11:45 am	Lunch	
11:45-3:00 pm	Twins Game!	(Field Trip)
	Outside Games/Dryland Training	
4:15-5:00 pm	Pick-Up	

Thursday, July 27th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:15 pm	Lunch	
	Outside Games	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Friday, July 28th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Inside Training	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Five: July 31 - August 4

Monday, July 31st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Teambuilding/Outside Games	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, August 1st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply yor own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, August 2nd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
11:15-12:15 pm	Lunch	(Field Trip) Please send your child with a towel/swimsuit
12:30-3:30 pm	Shoreview Waterpark	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Thursday, August 3rd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
2:00-4:00 pm	Conquer Ninja Warrior	(Field Trip)
4:15-5:00 pm	Pick-Up	

Friday, August 4th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Inside Training	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Six: August 7 - 11

Monday, August 7th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Teambuilding/Outside Games	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, August 8th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply yor own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, August 9th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
11:45-12:30 pm	Lunch	
12:30-4:00 pm	Saints Game!	(Field Trip)
4:15-5:00 pm	Pick-Up	

Thursday, August 10th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Inside Training	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Friday, August 11th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Inside Training	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Seven: August 14 - 18

Monday, August 14th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Teambuilding/Outside Games	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, August 15th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply yor own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, August 16th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
11:00-11:40 am	Lunch	
11:40-3:00 pm	Twins Game!	(Field Trip)
	Dryland Training	
4:15-5:00 pm	Pick-Up	

Thursday, August 17th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:00-1:00 pm	Lunch	
	Inside Training	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Friday, August 18th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Inside Training	
	Kickball	
4:15-5:00 pm	Pick-Up	

Week Eight: August 21 - 25

Monday, August 21st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Teambuilding/Outside Games	
	Inside Training	
4:15-5:00 pm	Pick-Up	

Tuesday, August 22nd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply your own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, August 23rd

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Team Building	
11:30-12:30 pm	Lunch	
12:30-3:30 pm	Facility Tour: Xcel Energy Center	(Field Trip)
	Outside Games	
4:15-5:00 pm	Pick-Up	

Thursday, August 24th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
11:15-12:00 pm	Lunch	(Field Trip) Please send your child with a towel/swimsuit
12:30-3:30 pm	Shoreview Waterpark	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Friday, August 25th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Movie	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Week Nine: August 28 - September 1

Monday, August 28th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:30-1:30 pm	Lunch	
	Teambuilding	
	Outside Games	
4:15-5:00 pm	Pick-Up	

Tuesday, August 29th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	(Golf clubs can be provided by VLGC if you cannot supply yor own)
	Outside Games	
2:00-4:00 pm	Golf - Victory Links	
4:15-5:00 pm	Pick-Up	

Wednesday, August 30th

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
1:30-3:30 pm	Zero Gravity	(Field Trip)
	Outside Games	
4:15-5:00 pm	Pick-Up	

Thursday, August 31st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
1:10-4:00 pm	Bowlero	
4:15-5:00 pm	Pick-Up	

Friday, September 1st

Time	Activity	Notes
8:00-9:15 am	Drop Off	
	On-Ice Training	
	Dryland Training	
12:10-1:00 pm	Lunch	
	Movie	
	Outside Games	
4:15-5:00 pm	Pick-Up	