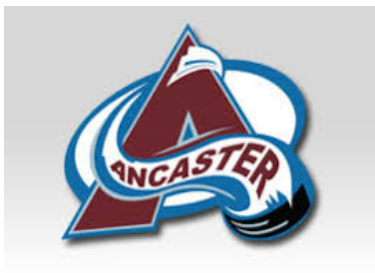


AMHL PA Day

U7, U8 & U9



Friday September 20, 2024
Arrival in the Atrium (9:00 am)
Low Organizational Game (9:00 - 9:30 am)
Hockey Dressing Room (9:30 - 10:00 am)
Hockey Ice Session # 1 (10:00 -11:00 am)
Dry-Land Session (11:30 - 12:00 noon)
LUNCH (12:00 - 12:30 pm)
Hockey Dressing Room (12:30 - 1:00 pm)
Ice Session # 2 (1:00 - 2:00 pm)
Road Hockey (2:30 - 3:15 pm)
Soccer (3:15 - 3:45 pm)
Parental Pick (4:00 pm)
Note: Late pick up before 4:30 pm



AMHL PA Day

U11, U13 & U15

Friday September 20, 2024
Arrival in the Atrium (9:00 am)
Dry-Land Session (9:00 - 10:00 am)
Low Organizational Game (10:00 - 10:30 am)
Hockey Dressing Room (10:30 - 11:00 am)
Hockey Ice Session # 1 (11:00 -12:00 noon)
LUNCH (12:30 - 1:00 pm)
Road Hockey (1:00 -1:30 pm)
Hockey Dressing Room (1:30 - 2:00 pm)
Ice Session # 2 (2:00 - 3:00 pm)
Soccer (3:20 - 3:45 pm)
Parental Pick (4:00 pm)
Note: Late pick up before 4:30 pm