



**Norman AAA Northstars Summer Conditioning Camp Schedule  
August 16th - 20th, 2010**

Ice Times

Monday to Thursday

9:00-10:15 AM	Group 1
10:30-11:45 AM	Group 2
12:00-1:15 PM	Group 3
1:30-2:45 PM	Group 1
3:00-4:15 PM	Group 2
4:30-5:45 PM	Group 3

Friday

9:00-10:30 AM	Group 2
10:45-12:15 PM	Group 3
12:30-2:00 PM	Group 1

Dryland Times

Monday to Thursday

10:45-11:30 AM	Group 1
12:15-1:00 PM	Group 2
1:45-2:30 PM	Group 3

Group 1 - 8 to 10 years  
Group 2 - 11 to 13 years  
Group 3 - 14 years and older

Please Note:

There will be no dryland training on Friday  
There will be 1 - 1.5 hour scrimmage session for each group on Friday