

## ALBURY ICE HOCKEY ASSN U16 Hockey Skills Clinic 31 May - 2 June 2008 - Lake Tekapo



Ti	me	SAT 31st	SUN 1st	MON 2nd
6	:00			
	:30			
7	:00			
	:30			
8	:00	7.45 Dynamic Warmup		7.30 Dynamic Warmup
	:30	Change  8.30 On-ice Session 1		Change for game  8.30 On-ice Session 4
9	:00	Skating / Movement	9.00 Run 79 Lake Tekapo	Game
		Puck Control	Mountianbike Pursuit Starts	Teams A v B
	:30	SAGs 10.00		10.00
10	:00	Alpine Springs and Spa Open for players and parents	Alpine Springs and Spa Open for players and parents	Alpine Springs and Spa Open for players and parents
	:30			10.30 Wrap up
11	:00			
	:30			
12	:00			
	:30			
13	:00	13.00 Off-ice Session 1	13.00 Off-ice Session 2	
	:30	Dynamic Warmup Agility	Dynamic Warmup  Hand-eye Coordination	Alpine Springs and Spa Open for players and parents
14	:00	14.00 Communication	14.00 Power / Strength	
	:30			
15	:00	14.45 Classroom Session 1	14.45 Classroom Session 2	
		Fairplay / Respect / Rules	Equipment	
	:30	Basic Skills 16.00 DVD	Hydration / Nutrition 16.00 DVD	
16	:00			
	:30	7.45 Dynamic Warmup Change	7.45 Dynamic Warmup Change	
17	:00	17.00 On-ice Session 2	17.00 On-ice Session 3	
	:30	Passing / Receiving Shooting	Fwds, Def, Goalies Individual Skills	
18	:00	SAGS	Game Situation Drills	
	:30	18.30	18.30	
19	:00	Alpine Springs and Spa	Alpine Springs and Spa	Updated 10/5/08
	:30	Open for players and parents	Open for players and parents	

Budget 1				
Expenditure		4.5	400.00	4440.00
Ice Fees	4	1.5	190.00	
Coach Travel Expenses Coach Fees	2	1	100.00 150.00	200.00 450.00
Admin Expenses	2	1	25.00	50.00
Admin Expenses		I	23.00	30.00
	1			1840.00
Income				
Registration Fees	25	1	60.00	1500.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				1880.00
Income / Expenditure				40.00
Budget 2				
Expenditure	1			
Ice Fees	4	1.5	190.00	1140.00
Coach Travel Expenses	2	1.5	100.00	200.00
Coach Fees	3	1	150.00	450.00
Admin Expenses	2	1	25.00	50.00
, amin Expenses	<del>-</del>		20.00	00.00
				1840.00
Income	1			
Registration Fees	30	1	60.00	1800.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				0400.00
	1			2180.00
Income / Expenditure	+			340.00
income / Expenditure				340.00
Budget 3				
Expenditure	+			
Ice Fees	4	1.5	190.00	1140.00
Coach Travel Expenses	2	1	100.00	200.00
Coach Fees	3	1	150.00	450.00
Admin Expenses	2	1	25.00	50.00
				0.00
				1840.00
Income				1040.00
Registration Fees	20	1	60.00	1200.00
Sponsorship	1	1	190.00	190.00
Sponsorship	1	1	190.00	190.00
				0.00
				1580.00
Income / Expenditure				-260.00

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Time	SAT 31st	SUN 1st	MON 2nd
7 :00			
:30			
7.45	Dynamic Warmup		7.30 Dynamic Warmup
8 :00			
	Change		Change for game
:30 8.30	On-ice Session 1		8.30 On-ice Session 4
	Chating / Mayamant	O OO Dun 70 Lake Takena	Game
9 :00	Skating / Movement Puck Control	9.00 Run 79 Lake Tekapo Mountianbike Pursuit Starts	Teams A v B
:30	SAGs	Wountains no 1 aroun otano	
10.00			10.00
10 :00	Alpine Springs and Spa	10.00 Alpine Springs and Spa	Alpine Springs and Spa
:30	parents	Open for players and parents	Open for players and parents  10.30 Wrap up
.30			Wiap up
11 :00			
:30			
12 :00			
:30			
13 :00 13.00	Off-ice Session 1	13.00 Off-ice Session 2	
13 :00 13:00	Dynamic Warmup	Dynamic Warmup	Alpine Springs and Spa
:30	Agility	Hand-eye Coordination	Open for players and parents
14.00	Communication	14.00 Power / Strength	
14 :00			
:30			
14.45	Classroom Session 1	14.45 Classroom Session 2	
15 :00			
	Fairplay / Respect / Rules Basic Skills	Equipment Hydration / Nutrition	
:30 16.00		16.00 DVD	
16 :00			
	2 : 11/		
:30 7.45	Dynamic Warmup Change	7.45 Dynamic Warmup Change	
17 :00 17.00		17.00 On-ice Session 3	
:30	Passing / Receiving	Fwds, Def, Goalies	
18 :00	Shooting SAGS	Individual Skills Game Situation Drills	
18 :00 18.30		18.30	
:30			
19 :00	Alpine Springs and Spa	Alpine Springs and Spa	
:30	parents	Open for players and parents	
:30			