



## KNIGHTS SOUTHSIDE HOCKEY ASSOCIATION

### 2010 Conditioning Camps

#### NOVICE

Date	Start	End	Arena
Sat Aug 21	2:15 PM	3:15 PM	Millwoods B
Sun Aug 22	11:45 AM	12:45 PM	Millwoods A
Wed Aug 25	5:00 PM	6:00 PM	Russ Barnes
Sat Aug 28	12:15 PM	1:15 PM	Millwoods A
Sun Aug 29	12:15 PM	1:15 PM	Millwoods B

#### ATOM 1

Date	Start	End	Arena
Sat Aug 21	3:30 PM	4:30 PM	Millwoods B
Sun Aug 22	4:45 PM	5:45 PM	Millwoods A
Thu Aug 26	6:15 PM	7:15 PM	Russ Barnes
Sat Aug 28	2:45 PM	3:45 PM	Millwoods A
Sun Aug 29	1:30 PM	2:30 PM	Millwoods B

#### ATOM 2

Date	Start	End	Arena
Sat Aug 21	4:45 PM	5:45 PM	Millwoods B
Sun Aug 22	3:30 PM	4:30 PM	Millwoods A
Thu Aug 26	7:30 PM	8:30 PM	Russ Barnes
Sat Aug 28	1:30 PM	2:30 PM	Millwoods A
Sun Aug 29	2:45 PM	3:45 PM	Millwoods B

#### GOALIE

Date	Start	End	Arena
Sat Aug 28	11:00 AM	12:00 PM	Millwoods A
Sun Aug 29	11:00 AM	12:00 PM	Millwoods B
Thu Sept 2	6:15 PM	7:15 PM	Donnan
Fri Sept 3	6:15 PM	7:15 PM	Donnan

**PEE WEE 1 – 2010 Conditioning Camp**

<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Arena</b>
Sun Aug 22	1:00 PM	2:00 PM	Millwoods A
Tue Aug 24	7:30 PM	8:30 PM	Russ Barnes
Wed Aug 25	6:15 PM	7:15 PM	Russ Barnes
Sat Aug 28	4:00 PM	5:00 PM	Millwoods A
Sun Aug 29	5:15 PM	6:15 PM	Millwoods B

**PEE WEE 2 – 2010 Conditioning Camp**

<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Arena</b>
Sun Aug 22	2:15 PM	3:15 PM	Millwoods A
Tue Aug 24	6:15 PM	7:15 PM	Russ Barnes
Wed Aug 25	7:30 PM	8:30 PM	Russ Barnes
Sat Aug 28	5:15 PM	6:15 PM	Millwoods A
Sun Aug 29	4:00 PM	5:00 PM	Millwoods B

**HITTING – 2010 Conditioning Camp**

<b>Date</b>	<b>Start</b>	<b>End</b>	<b>Arena</b>
Mon Aug 30	7:30 PM	8:30 PM	Donnan
Tue Aug 31	7:30 PM	8:30 PM	Russ Barnes
Wed Sept 1	7:30 PM	8:30 PM	Russ Barnes
Thu Sept 2	7:30 PM	8:30 PM	Donnan
Fri Sep 3	7:30 PM	8:30 PM	Donnan