PCM Clinic 14

Ice/Gym Programme for 22/12/14

	Beginner	Goalie	Intermediate	Advanced
11.00 - 11.15				
11.15 - 11.30				
11.30 - 11.45	**Change**	**Change**		
11.45 - 12.00				
12.00 - 12.15				
12.15 - 12.30				
12.30 - 12.45				
12.45 - 1.00			**Change**	
1.00 - 1.15				
1.15 - 1.30	Cut	Cut	Cut	
1.30 - 1.45	**Change**	**Change**		
1.45 - 2.00	Snack	Snack		
2.00 - 2.15				
2.15 - 2.30				**Change**
2.30 - 2.45				
2.45 - 3.00			Cut	Cut
3.00 - 3.15			**Change**	
3.15 - 3.30	Lunch	Lunch	Lunch	
3.30 - 3.45				
3.45 - 4.00	**Change**	**Change**		
4.00 - 4.15				
4.15 - 4.30	Cut	Cut		Cut
4:30 - 4:45				**Change**
4:45 - 5:00				Lunch
5:00 - 5:15				
5:15 - 5:30			**Change**	
5:30 - 5:45				
5:45 - 6:00	Cut	Cut	Cut	
6:00 - 6:15	**Change**	**Change**		
6:15 - 6:30				
6:30 - 6:45				
6:45 - 7:00				**Change**
7:00 - 7:15				
7:15 - 7:30			Cut	Cut
7:30 - 7:45	**Presentation & Feedback**		**Change**	
7:45 - 8:00				
8:00 - 8:15				
8:15 - 8:30				
8.30 - 8.45	= Ice time			
8.45 - 9.00				
9.00 - 9.15	= Sports Hall		**Presentation & Feedback**	
9.15 - 9.30				
9.30 - 9.45	= Registration			
9.45 - 10.00				