



Twist Conditioning Inc.

TWIST HIGH PERFORMANCE 8 WEEK CAMP JULY 2011

Group 1: Dryland: 8:00am-10:00am Ice: 11:15am-12:45pm

Group 2: Ice: 11:00am-12:30pm Dryland: 1:45pm-3:45pm

Group 3: Dryland: 11:00am-1:00pm Ice: 3:00pm-4:30pm

Group 4: Ice: 1:15pm-2:45pm Dryland: 4:00pm-6:00pm

Evening Group: Dryland: 6:00pm-8:00pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Testing/ Orientation Day 12:30pm-6pm	27 Week 1 Ice Testing Dryland and Ice	28 Player Performance Meeting # 1 Dryland	29 Dryland and Ice	30 Dryland and Ice	1 Grouse Grind & Recovery 8-9:30am HOLIDAY NO TRAINING	2
3	4 Week 2 Dryland and Ice	5 Nutrition & Mental Training Meetings R&R Mobility-10-11 Extra SAQ -6-7pm Dryland	6 Vancouver Whitecaps Game- 7pm Dryland and Ice	7 Nutrition & Mental Training Meetings R&R Flexibility 10-11 Extra ES -6-7pm Dryland	8 Dryland and Ice	9
10	11 Week 3 Dryland and Ice	12 R&R Mobility-10-11 Extra SAQ -6-7pm Dryland	13 Dryland and Ice	14 R&R Flexibility 10- 11am Players BBQ- 6:30pm Dryland	15 Dryland and Ice	16
17	18 Week 4 Dryland and Ice	19 R&R Mobility-10-11 Extra SAQ -6-7pm Canadians Baseball Game- 7pm Dryland	20 Dryland and Ice	21 R&R Flexibility 10-11 Extra ES -6-7pm Player Performance Meeting #2 Dryland	22 Dryland and Ice	23
24	25 Week 5 Dryland and Ice	26 Extra SAQ -6-7pm Extra R&R-7-8pm Dryland and Ice	27 SAQ- Morning The Chief Hike: Afternoon/ Merntal Training Dryland	28 Unloading Day Extra ES-6-7pm Dryland and Ice	29 Unloading Day Dryland and Ice	30

Note-Schedule is subject to change. Please check your weekly schedule for the most up to date schedule.



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TWIST HIGH PERFORMANCE 8 WEEK CAMP AUGUST 2011

Group 1: Dryland: 8:00am-10:00am Ice: 11:15am-12:45pm

Group 2: Ice: 11:00am-12:30pm Dryland: 1:45pm-3:45pm

Group 3: Dryland: 11:00am-1:00pm Ice: 3:00pm-4:30pm

Group 4: Ice: 1:15pm-2:45pm Dryland: 4:00pm-6:00pm

Evening Group: Dryland: 6:00pm-8:00pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 BC Day Holiday Day off Unloading Day	2 Week 6 Extra SAQ –6-7pm Extra R&R –7-8pm Dryland and Ice	3	4 3 on 3 Hockey Tournament 4:30-6:30pm at 8 Rinks Dryland and Ice	5 Dryland and Ice	6
7	8 Week 7	9 Extra SAQ –6-7pm Extra R&R –7-8pm Dryland and Ice	10 SAQ-Morning Kayak-Afternoon Times: TBA Dryland	11 Extra ES –6-7pm Dryland and Ice	12 Dryland and Ice	13
14	15 Week 8 Post-Testing Day 11-2 SAQ– 2-4 BBQ Wrap up– 4-6 Dryland	16 Ice-Post Tests Dryland and Ice	17 Player Exit Meetings Dryland and Ice	18 Player Exit Meetings Dryland and Ice	19 Player Exit Meetings Dryland and Ice	20
21	22	23	24	25	26	27
28	29	30	31			

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