

2022 Moose Jaw Warriors Training Camp Itinerary

Wednesday, August 31

9:00am – Registration (Mosaic Place – 110 1st Ave. NW)

- Conference rooms located on the 2nd floor from the main entrance

9:30am – Introductions

1:00pm – Fitness testing (Yara Centre – 1220 High St. W.)

Thursday, September 1

9:00am – 9:45am – Rookie Camp, Team 1 Practice

10:00am – 10:45am – Rookie Camp, Team 2 Practice

11:00am – Main Camp Workout

11:00am – 12:00pm – Goalie Session (Rookie)

12:30pm – 2:30pm – Main Camp Practice

4:30pm – 6:30pm – **Rookie Camp Scrimmage 1**

Friday, September 2

9:00am – 10:30am – **Rookie Camp Scrimmage 2**

11:00am – 12:00pm – Main Camp Practice

1:15pm – 2:15pm – Goalie Session (Rookie)

2:30pm – 4:00pm – **Rookie Camp Scrimmage 3**

- Meetings following game

5:30pm – 7:00pm – **Main Camp Scrimmage 1**

Saturday, September 3

9:00am – 10:30am – **Main Camp Scrimmage 2**

11:00am – 12:00pm – Main Camp practice

3:00pm – 4:30pm – **Main Camp Scrimmage 3**

5:00pm – 6:00pm – Main Camp practice

Sunday, September 4

10:30am – 11:30am – Main Camp practice

12:00pm – 3:00pm – **Black/White Intrasquad Game**

- Meetings following game

