



## Legend Hockey Elite Week Schedule

### COLLEGE/JUNIOR

#### Sunday, July 31, 2022

4:00pm-5:00pm Registration  
5:00pm-6:00pm Ice Session

#### Monday, August 1, 2022

9:00am-10:00am Ice Session  
10:15am-11:15am Core Yoga  
11:30am-12:00pm Classroom  
12:00pm-1:00pm Lunch provided  
1:30pm-2:30pm Ice Session  
3:00pm-4:00pm Soccer @ Fieldhouse

#### Tuesday, August 2, 2022

9:00am-10:00am Ice Session  
10:15am-11:15am Core Yoga  
11:30am-12:45pm Movement Screening @  
Fieldhouse  
11:30am-12:30pm Lunch provided  
1:15pm-2:15pm Ice Session – Sweat Testing  
(arrive at least 30 minutes early)  
6:00pm-8:00pm Great Shots - optional

#### Wednesday, August 3, 2022

9:00am-10:00am Ice Session  
10:15am-11:15am Core Yoga  
11:30am-12:00pm Classroom – Sweat Test  
Results  
12:00pm-1:00pm Lunch provided  
1:30pm-2:30pm Ice Session  
3:00pm-4:00pm Soccer @ Fieldhouse

### MIDGET

#### Sunday, July 31, 2022

5:15pm-6:15pm Registration  
6:15pm-7:15pm Ice Session

#### Monday, August 1, 2022

9:00am-10:00am Core Yoga  
10:15am-11:15am Ice Session  
11:30am-12:00pm Classroom  
12:00pm-1:00pm Lunch provided  
1:30pm-2:30pm Soccer @ Fieldhouse  
3:00pm-4:00pm Ice Session

#### Tuesday, August 2, 2022

9:00am-10:00am Core Yoga  
10:15am-11:15am Ice Session  
11:30am-12:30pm Lunch provided  
12:45-2:00pm Movement Screening @  
Fieldhouse  
3:00pm-4:00pm Ice Session – Sweat Testing  
(arrive at least 30 minutes early)  
6:00pm-8:00pm Great Shots - optional

#### Wednesday, August 3, 2022

9:00am-10:00am Core Yoga  
10:15am-11:15am Ice Session  
11:30am-12:00pm Classroom – Sweat Test  
Results  
12:00pm-1:00pm Lunch provided  
1:30pm-2:30pm Soccer @ Fieldhouse  
3:00pm-4:00pm Ice Session

*Ice Sessions, Classroom, Lunch, & Core Yoga will be held at the SCHEELS IcePlex.*

SCHEELS IcePlex 4300 N Bobhalla Drive, Sioux Falls, SD 57107  
Sanford Fieldhouse 2215 W Pentagon Pl, Sioux Falls, SD 57107  
Great Shots 2505 W Benson Rd, Sioux Falls, SD 57107