

# Legend Hockey Elite Week Schedule

#### **COLLEGE/JUNIOR**

### MIDGET

Sunday, July 31, 2022		Sunday, July 31, 2022	
4:00pm-5:00pm	Registration	5:15pm-6:15pm	Registration
5:00pm-6:00pm	Ice Session	6:15pm-7:15pm	Ice Session

## Monday, August 1, 2022

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

#### Tuesday, August 2, 2022

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9:00am-10:00am	Ice Session	9:00am-10:0
10:15am-11:15am	Core Yoga	10:15am-11
11:30am-12:45pm	Movement Screening @	11:30am-12
	Fieldhouse	12:45-2:00p
11:30am-12:30pm	Lunch provided	
1:15pm-2:15pm	Ice Session — Sweat Testing (arrive at least 30 minutes early)	3:00pm-4:00
6:00pm-8:00pm	Great Shots - optional	6:00pm-8:00

#### Tuesday, August 2, 2022

Monday, August 1, 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 10:15am-11:15am 11:30am-12:00pm

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

#### Wednesday, August 3, 2022

9:00am-10:00amCore Yoga10:15am-11:15amIce Session11:30am-12:00pmClassroom<br/>Results12:00pm-1:00pmLunch provo1:30pm-2:30pmSoccer @ F3:00pm-4:00pmIce Session

Ice Session Classroom – Sweat Test Results Lunch provided Soccer @ Fieldhouse 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 PI, Sioux Falls, SD 57107 Great Shots 2505 W Benson Rd, Sioux Falls, SD 57107