

2024 Conroy Hockey Master Schedule

20-Mar-24

Facility Addresses are shown at the bottom

Video Review
Combined Games
Off ice Testing
Exercise Demos
Other Events
Clinics

NOTE 1:	The Nutrition & Stretching Seminars will be delivered via ZOOM and will be then hosted on my website. I will advise all of the schedule.	Online
NOTE 2:	The Video Review Sessions will also be done via ZOOM and you can all stay at home. There will be 2 times offered and you can attend the one that works. Coach LOVES the environment!	Online
NOTE 3:	The Martial Arts Demo is still being scheduled and will be announced.	Pending

March	U9+	U 11+	U 13+	U 15/U 17 +	++	Activity	Location
Sat Mar 23/Mar 28/Mar 30	March Checking Clinic Sat Mar 23 7:30 to 10:00 pm, Thur Mar 28 5:15 to 7:45 pm & Sat Mar 30 7:30 - 10:00 pm					6 hrs of Checking Training	ECTAS
Sun Mar 24		4:00 to 5:30 pm	5:45 to 7:15 PM	7:30 to 9:00 pm	9:00 to 9:45 pm	Preseason Meeting	Upstairs @ ECTAS
Tues Mar 26			5:30 - 7:00 pm all 3 groups			Office Test 1	Village Square Leisure Centre
April	U9+	U 11+	U 13+	U 15/U 17 +	++	Activity	Location
Sun Apr 7				8:15 - 9:45 pm		Skating & On ice Testing	ECTAS
Sat Apr 13			Gym Time 8 - 10:00 am ABS			Gym Demo	Olympus Boxing Club
Sun Apr 14			Gym Time 8 - 10:00 am LEGS			Gym Demo	Olympus Boxing Club
Sun Apr 14th				9:30 - 10:15 am		Bench Press & Squats Measures	Olympus Boxing Club
Sun Apr 14	4:30 - 5:45pm	6:00 - 7:30pm	7:45 - 9:15pm			Skating & On ice Testing	ECTAS
???		5:45 - 7:15pm				Video Review for Defencemen	ONLINE
???			7:45 - 9:15pm			Video Review for Defencemen	ONLINE
Sun Apr 21	4:30 - 5:45pm	6:00 - 7:30pm	7:45 - 9:15pm			Shooting & Scoring Day!	ECTAS
???				6:45 - 8:30 pm		Video Review for Defencemen	Online
???		5:00 - 6:30 pm				Video Review for Forwards	Online
Sun Apr 28	4:30 - 5:45pm	6:00 - 7:30pm				Passing Day	ECTAS
Sun Apr 28				7:45 - 9:15pm		Shooting & Scoring Day!	ECTAS
???			5:00 - 6:30 pm	6:45 - 8:30 pm		Video Review for Forwards	Online
May	U9+	U 11+	U 13+	U 15/U 17 +	++	Activity	Location
Sun May 5th	4:30 - 5:45pm		6:00 - 7:30pm			Stickhandling Day	ECTAS
Sun May 5th				7:45 - 9:15pm		Passing Day	ECTAS
Sun May 12th		6:00 - 7:30pm				Stickhandling Day	ECTAS
Sun May 12th			7:45 - 9:15pm	7:45 - 9:15pm		U 13 & U15/17 Scrimmage #1	ECTAS
Tues May 21	5:30 - 7:00	5:30 - 7:00 pm				Grp 1 & U 11 Scrimmage day #1	ECTAS
Tues May 21				7:15 - 8:45 pm		Stickhandling Day	ECTAS
Sun May 26th	4:30 - 5:45pm	6:00 - 7:30pm				Shooting & Scoring Day	ECTAS
Sun May 26th			7:45 - 9:15pm			Skating Day	ECTAS
Tues May 28th	5:30 - 7:00	5:30 - 7:00 pm				Grp 1 & U 11 Scrimmage day #2	ECTAS
Tues May 28th			7:15 - 8:45 pm	7:15 - 8:45 pm		UU 13 & U15/18 Scrimmage day #2	ECTAS

June	Group 1	U 11+	U 13+	U 15/U 17 +	+ +	Activity	Location
Sun June 2nd	4:30 - 5:45pm	6:00 - 7:30pm				Passing Day	ECTAS
Sun June 2nd				7:45 - 9:15pm		Shooting & Scoring Day	ECTAS
Tues June 4th			5:30 - 7:00 pm			Skating Day	ECTAS
Tues June 4th				7:15 - 8:45 pm		Passing Day	ECTAS
????	Working in Scheduling, stay tunes All 3 groups					Off Ice Test 2	Village Square Leisure Centre
Sun June 9th	4:30 - 5:45pm	6:00 - 7:30pm				Stickhandling Day	ECTAS
Sun June 9th			7:45 - 9:15pm			Shooting & Scoring Day	ECTAS
Tues June 11th			5:30 - 7:00 pm			Passing Day	ECTAS
Tues June 11th				7:15 - 8:45 pm		Stickhandling Day	ECTAS
Sun June 16th	4:30 - 5:45pm	4:30 - 5:45pm				Grp 1 & U 11 Scrimmage day #3	ECTAS
Sun June 16th			6:00 - 7:30pm			Stickhandling Day	ECTAS
Sun June 16th				7:45 - 9:15pm		Skating Day	ECTAS
Tues June 18th	5:30 - 7:00 pm	5:30 - 7:00 pm				Grp 1 & U 11 Scrimmage day #4	ECTAS
Tues June 18th			7:15 - 8:45 pm	7:15 - 8:45 pm		UU 13 & U15/18 Scrimmage day #3	ECTAS
Sun Jun 23rd					8:00-9:30 AM	Bench Press & Squats Measures	Olympus Boxing Club
Sun June 23rd	4:30 - 5:45pm	6:00 - 7:30pm				Skating Day	ECTAS
Sun June 23rd			7:45 - 9:15pm	7:45 - 9:15pm		UU 13 & U15/18 Scrimmage day #4	ECTAS
Tues June 25th		5:30 - 7:00 pm				Skating Day	ECTAS
Tues June 25th			7:15 - 8:45 pm			Shooting & Scoring Day	ECTAS
Fri June 28					9:00 - 10:15 am	2 on 1's & 3 on 1's	ECTAS
July	U9+	U 11+	U 13+	U 15/U 17 +	+ +	Activity	Location
Tues July 2nd			5:30 - 7:00 pm	7:15 - 8:45 pm		Passing Day	ECTAS
Tues & Thur July 2 & 4	D Clinic A: INTRO TO DEFENCE Tues: 1:00 - 2:00 pm (off ice) 2:30- 4:00 pm (on ice) Thur 12:45 to 2:00 pm (off ice) 2:15 - 3:45 pm (on ice), then 30 mins of review off ice afterwards.					2 days totalling 6 hours	ECTAS
Thur July 4 th					9:00 - 10:15 am	D zone Breakouts	ECTAS
Sun July 7th	4:30 - 5:45pm	6:00 - 7:30pm				Shooting & Scoring Day	ECTAS
Sun July 7th			7:45 - 9:15pm	7:45 - 9:15pm		UU 13 & U15/18 Scrimmage day #5	ECTAS
Tues July 9th		5:30 - 7:00 pm				Passing Day	ECTAS
Tues July 9th				7:15 - 8:45 pm		Stickhandling Day	ECTAS
Thurs July 11th					2:15 - 3:30 pm	Entering the 0 zone and protecting the puck	ECTAS
Sun July 14th	4:30 - 5:45pm					Passing Day	ECTAS
Sun July 14th		6:00 - 7:30pm				Stickhandling day	ECTAS
Sun July 14th			7:45 - 9:15pm	7:45 - 9:15pm		UU 13 & U15/18 Scrimmage day #6	ECTAS
M/W/F July 15 to 19	July Checking Clinic Off ice 12:30 to 2:00 On Ice 2:30 - 4:00 pm M/W/F					3 sessions totalling 9 hrs.	ECTAS
Tues July 16th	5:30 - 7:00 pm	5:30 - 7:00 pm				Grp 1 & U 11 Scrim #5	ECTAS

Tues July 16th	7:15 - 8:45 pm				Stickhandling Day	ECTAS	
T/T July 16 to 18	D Clinic B: The DEFENSIVE ZONE Tues: 1:00 - 2:00 pm (off ice) 2:30- 4:00 pm (on ice) Thur 12:30 to 2:00 pm (off ice) 2:15 - 3:45 pm (on ice), then 30 mins of review off ice afterwards.				2 days totalling 6 hours	ECTAS	
Thur July 18th	9:00 - 10:15 am				Scoring & keeping the puck in the O Zone	ECTAS	
Sun July 21th	4:30 - 5:45pm	4:30 - 5:45pm			Grp 1 & U 11 Scrimmage day #6	ECTAS	
Sun July 21th	6:00 - 7:30pm		7:45 - 9:15pm		Skating Day	ECTAS	
M/W Def Clinic C July 22 to 24	D Clinic C: The OFFENSIVE ZONE Mon: 1:00 - 2:00 pm (off ice) 2:30- 4:00 pm (on ice) Wed 12:30 to 2:00 pm (off ice) 2:30 - 4:00 pm (on ice), then 30 mins of review off ice afterwards.				2 days totalling 6 hours	ECTAS	
Tues July 23rd	5:30 - 7:00 pm				Skating Day	ECTAS	
Tues July 23rd			7:15 - 8:45 pm		Shooting & Scoring Day	ECTAS	
Thur July 25th			2:15 - 3:30 pm		Passing Properly	ECTAS	
Sun July 28th	4:30 - 5:45pm				Stickhandling Day	ECTAS	
Sun July 28th	6:00 - 7:30pm				Shooting & Scoring Day	ECTAS	
Sun July 28th			7:45 - 9:15pm		Passing Day	ECTAS	
Tues July 30th	5:30 - 7:00 pm	5:30 - 7:00 pm			Grp 1 & U 11 Scrimmage day #7	ECTAS	
Tues July 30th			7:15 - 8:45 pm	7:15 - 8:45 pm	UU 13 & U15/18 Scrimmage day #7	ECTAS	
August	U9+	U 11+	U 13+	U 15/U 17 +	++	Activity	Location
Thurs Aug 1st					9:00 - 10:15 am	Power Play & PK	ECTAS
Tues Aug 6th	5:30 - 7:00 pm	5:30 - 7:00 pm				Grp 1 & U 11 Scrimmage day #8	ECTAS
Tues Aug 6th			7:15 - 8:45 pm	7:15 - 8:45 pm		UU 13 & U15/18 Scrimmage day #8	ECTAS
Tues Aug 6 - 10	Aug Checking Clinic: T/W/F Off ice starts at 12:30 pm, On ice starts at 2:30 PM					3 days T/W/F 9 hours	ECTAS
Thur Aug 8th					2:15 - 3:30 pm	Back Check & Transition & extra effort.	ECTAS
Sun Aug 11th	4:30 - 5:45pm					Skating Day	ECTAS
Sun Aug 11th	6:00 - 7:30pm		7:45 - 9:15pm			Passing Day	ECTAS
Tues Aug 13th	5:30 - 7:00 pm		7:15 - 8:45 pm			Stickhandling day	ECTAS
Wed Aug 14th	5:30 - 7:00 pm all 3 groups					Off Ice Test 3	TBD
Thurs Aug 15th					2:15 - 3:30 pm	D zone breakouts & shot blocking	ECTAS
Thurs Aug 15th					3:45 - 4:45 pm	Debrief	Upstairs @ ECTAS
Thurs Aug 15th			5:45 - 7:15 pm			Stickhandling day	ECTAS
Sat Aug 17th	Face Off Clinic: Ages 10 to 12: 9:30 am - 1:00 pm					3 hr Clinic	ECTAS
Sat Aug 17th	Face Off Clinic: Ages 13 +: 1:15 - 4:45 pm					3 hr Clinic	ECTAS
Sun Aug 18th					8:00-9:30 AM	Bench Press & Squats Measures	Olympus Boxing Club
Sun Aug 18th	4:30 - 5:45pm					Shooting & Scoring day	ECTAS
Sun Aug 18th			6:00 - 7:30pm			Skating Day	ECTAS
Sun Aug 18th			7:45 - 9:15pm			Skating day	ECTAS
Aug 19 to 23	ECTAS Week 1 Mon to Fri: 12:45 - 2:15 pm					5 days x 90 minutes	ECTAS
Tues Aug 20th			5:30 - 7:00 pm			Shooting & Scoring dav	ECTAS
Tues Aug 20th			7:15 - 8:45 pm			Shooting & Scoring dav	ECTAS
Wed Aug 21	5:45 - 7:00pm					Passing Day	ECTAS
Sun Aug 25th	4:30 - 5:45pm					Stickhandling day	ECTAS
Aug 26 to 30	ECTAS Week 2 Mon to Fri: 11:30 am to 1: 00 pm					5 days X 90 minutes	ECTAS
Tues Aug 27th	5:30 - 6:45 pm					Parents Game Day	ECTAS
Tues & Thursday Aug 27th & 29th	D Clinic D: THE NUETRAL ZONE Tues: 1:30 - 2:45 pm (off ice) 3:15 - 4:30 pm (on ice) Thurs 1:30 - 2:45 pm (off ice) 3:15 - 4:30 pm (on ice), then 30 mins of review off ice.					2 days totalling 6 hours	ECTAS

ECTAS (East Calgary)Twin Arena	299 Erin Woods Dr SE.
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Olympus Boxing Club	Upstairs at the Chestermere Arena, 201 West Chestermere Dr.
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Village Square Leisure Centre	2623 56 St NE, Calgary,
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	Non Prime	Prime
Xmas Camps	38	
Spring 1		23.75
Spring 2		23.75
Spring 3		23.75
Atom +		30
PeeWee +		30
Bantam +		30
Adult skates	32	
Check 1	4.5	
Check 2	4.5	
ECTAS Week	6.75	
Privates	100	
	185.75	161.25