

2024 Conroy Hockey Master Schedule

13-Jun-24

Facility addresses are shown at the bottom

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

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| 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 |

NOTE 4: CHANGES ARE IN YELLOW

| May | U9+ | U 11+ | U 13+ | U 15/U 17 + | ++ | Activity | Location |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|----------------|-----------------|---------------------------------------------|---------------------|
| June | Group 1 | U 11+ | U 13+ | U 15/U 17 + | ++ | Activity | Location |
| 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 | | | | Stickhandling 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 4th | | | | | 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 |

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| 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 |
| 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 |
| Tues July 30th | | | | 3:45 - 5:00 | Power Play & PK |

| | U9+ | U 11+ | U 13+ | U 15/U 17 + | ++ | Activity | Location |
|----------------|-----------------------------------------------------------------------------------------------|----------------|----------------|----------------|-----------------|-----------------------------------------|---------------------|
| Tues Aug 6 - 9 | Aug Checking Clinic: T/W/F Off ice starts at 12:30 pm, On ice starts at 2:30 - 4:00 PM | | | | | 3 days T/W/F 9 hours | 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 |
| 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 | | | | | 7:15 - 8:30 pm | D zone breakouts & shot blocking | ECTAS |
| Thurs Aug 15th | | | | | 8-45 to 9:30 pm | Debrief | Upstairs @ ECTAS |
| Thurs Aug 15th | | | 5:30 - 7:00 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 |

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| Sun Aug 18th | 4:30 - 5:45pm | | <i>Shooting & Scoring day</i> | ECTAS |
| Sun Aug 18th | | 6:00 - 7:30pm | <i>Skating Day</i> | ECTAS |
| Sun Aug 18th | | 7:45 - 9:15pm | <i>Skating day</i> | 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 | <i>Shooting & Scoring On Ice Testing</i> | ECTAS |
| Tues Aug 20th | | 7:15 - 8:45 pm | <i>Shooting & Scoring On Ice Testing</i> | ECTAS |
| Wed Aug 21 | 5:45 - 7:00pm | | <i>Passing Day</i> | ECTAS |
| Sun Aug 25th | 4:30 - 5:45pm | | <i>Stickhandling & On Ice Testing</i> | 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 | | <i>Parents Game Day</i> | 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.

Olympus Boxing Club

Upstairs at the Chestermere Arena, 201 West Chestermere Dr.

Village Square Leisure Centre

2623 56 St NE, Calgary,

Elliston Park

1867 68th str SE 60th str Entrance