

VEGAS (2011 -2004)

	Dimanche 07.07.2024	Lundi 08.07.2024	Mardi 09.07.2024	Mercredi 10.07.2024	Jeudi 11.07.2024	Vendredi 12.07.2024	Samedi 13.07.2024
Matin							
Onboarding	15.00						
Packing							7.30 - 8.00
Vegas petit déjeuner		8.15 - 8:45	8.15 - 8:45	8.15 - 8:45	7.45 - 8.15	7.45 - 8.15	8.00 - 8.30
Tobogan Brunni							8.45 - 12.30
Body art /hanche / mobilité - Barbara	Barbara	9.15 - 9.45	9.15-9.45		8.45-9.45		
Préparation physique et Jeux - Quentin	Quentin	9.50-11.15	9.50-11.15	9.15-11.15		8.45-9.45	
Vegas collation		11.15-11.30	11.15-11.30	11.15-11.30	9.45- 10.00	9.45- 10.00	
Locker room		11.30 - 12.00	11.30 - 12.00	11.30 - 12.00	10.00 - 10.30	10.00 - 10.30	
Vegas Ice		12.00 - 13.15	12.00 - 13.15	12.00 - 13.15	10.30 - 11.45	10.30 - 11.45	
Vegas Repas	Quentin	13.45 - 14.30	13.45 - 14.30	13.45 - 14.30	12.15 - 13.00	12.15 - 13.00	12.30-13.15
Après-midi							
Préparation mentale - Quentin	Quentin	14.30-15.15	14.30-15.15	14.30-15.15			
Body art ou Fascia ou équilibre - Barbara	Barbara	15.30-16.00	15.30-16.00	15.30-16.00			
Locker room	16.00 - 16.30	16.00 - 16.30	16.00 - 16.30	14.30 - 15.00	13.00 - 13.30	13.00 - 13.30	13.15 - 13.45
Vegas Ice	16.30 - 17.45	16.30 - 17.45	16.30 - 17.45	15.00 - 16.15	13.30 - 14.45	13.30 - 14.45	13.45 - 15.00
Vegas collation		18.00 - 18.15	18.00 - 18.15	16.45 - 17.00	15.15 - 15.30	15.15 - 15.30	
Pool					15.30 - 19.00		
Lacross						15.30 - 19.00	
Curling Halle / Quentin (Jeux)					15.30 - 16.30		
Récupération- Barbara	Barbara	18.30 - 19.00	18.15-18.30	18.15-18.30	16.30 - 17.00		
Vegas collation					17:00-17:15		
Locker room				17:30-18:00			
Free Ice				18:00-19:30			
Gelinas on Ice (half-rink)		18.15-19.15	18.00-19.00	18.00-19.30	17:45-18:45		
Move hotel + Free Time	19.00-20.30	18.30-20.30	18.30-20.30	20.00-20.30	17.15-20.30	19.00-20.30	
Camp closing - Curling halle							16.00
Soir							
Vegas Repas	20:30	20:30	20:30		20:30	20:30	
Barbecue Hotel				20:30			
Vegas Couché	22.00	22.00	22.00	22.30	22.00	22.00	

Montréal (2017-2012)	Dimanche 07.07.2024	Lundi 08.07.2024	Mardi 09.07.2024	Mercredi 10.07.2024	Jeudi 11.07.2024	Vendredi 12.07.2024	Samedi 13.07.2024
Matin							
Onboarding	11.30						
Packing							8.00 - 9.00
Montréal petit déjeuner		7.30 - 8:05	7.30 - 8:05	7.30 - 8:05	7.30 - 8:05	7.30 - 8:05	9.00 - 9.30
Body art - Barbara	Barbara						10.00 - 11.00
Montréal Collation							11.00 - 11.30
Locker room		8.20 - 9.00	8.20 - 9.00	8.20 - 9.00	8.20 - 9.00	8.20 - 9.00	11.30 - 12.15
Montréal Ice		9.00 - 10.15	9.00 - 10.15	9.00 - 10.15	9.00 - 10.15	9.00 - 10.15	12.15-13.30
Montréal collation		10:45 - 11.00	10:45 - 11.00	10:45 - 11.00			
Body art - fascia- mobilité- Barbara	Barbara	11.00 - 11.40	11.00 - 11.40	11.00 - 11.40	10:45 - 11.00	10:45 - 11.00	
Montréal Repas		12.00 - 12.50	12.00 - 12.50	12.00 - 12.50	11.00 - 11.30	11.00 - 11.30	14.00 - 14.45
Après-midi							
Locker room (from U11)	12.30 - 13.30	12.50 - 13.30	12.50 - 13.30	12.50 - 13.30	11.30 - 12.00	11.30 - 12.00	
Montréal Ice	13.30 - 14.45	13.30 - 14.45	13.30 - 14.45	13.30 - 14.45	12.00 - 13.15	12.00 - 13.15	
Montréal collation	15.15 - 15.30	15.15 - 15.30	15.15 - 15.45	15.15 - 15.45	13.45 - 14.15	13.45 - 14.15	
Curling Halle / Quentin (Jeux)	Quentin	15:30-16:45	15:30-16:45	15:30-16:45	14.30-15.30		
Body art ou récupération ou équilibre - Barbara	Barbara		17.00-17.30	17.00-17.30	15.30-16.15		
Toboganin						14.15-19.00	
Lacross	Quentin				15.30 - 19.00		
Montréal collation					16.15 - 16.30		
Pool		15.45 - 18:15					
Camp closing - Curling halle							16.00
Gelinas on Ice (half-rink)		18.15-19.15	18.00-19.00	18.00-19.30	17:45-18:45		
Move hotel + Free Time	17.15-19.00	18.15-19.00	18.00-19.00	17.30-19.30	16.30-19.00	19.00-20.00	
Soir							
Montréal repas	19.00	19.00	19.00		19.00	20:00	
Barbecue Hotel				19:30			
Montréal couché	21:00	21.00	21.00	21.30	21.00	21.00	
Ice staff Lunch	12.00 - 13.00	11.15 - 11.45	11.15 - 11.45	11.15 - 11.45	sandwich	sandwich	11.15 - 11.45

Lundi

08.07.2024

Flagrugby/ultimate (V)

Terrain de foot

9.50-11.15