**U14AA Development Camp - Iroquois Falls - Nov 7th & 8th**

St. Anne's Parish - 222 Fyfe St, Iroquois Falls, ON

Jus Jordan Arena - 729 Synagogue Ave, Iroquois Falls, ON

Matheson Arena - 289 McDougall St, Matheson, ON

Auberge MacDonald Guest Inn - 225 Cambridge Avenue, P.O. Box 220, Iroquois Falls, ON Ph: 705-232-0779

|  |  |  |  |
| --- | --- | --- | --- |
| Saturday Nov 7th | 1:00 - 2:30pm | Development Camp | Jus Jordan Arena |
| Saturday Nov 7th | 2:45 - 3:45pm | Snack Break | St. Anne's Parish |
| Saturday Nov 7th | 4:30 - 6:30pm | Development Camp | Jus Jordan Arena |
| Saturday Nov 7th | 7:00pm | Supper and Sleep over | St. Anne's Parish |
| Sunday Nov 8th | 9:00 - 10:00am | Development Camp | Matheson Arena |
| Sunday Nov 8th | 10:00 - 11:00am | Scrimmage against Timmins U14A | Matheson Arena |

|  |  |  |  |
| --- | --- | --- | --- |
| **Saturday Nov 7th** | Noon | **Arrive** at Jus Jordan Arena |  |
|  | 1:00 - 2:30pm | On ice development |  |
|  | 2:45 - 3:45pm | **Snack** at St. Anne's Parish - cheese, crackers, cut up fruit, hard boiled eggs, granola bars, Greek yogurt parfait, bagels & cream cheese - already prepared |  |
|  | 4:00pm | **Arrive** at Jus Jordan Arena |  |
|  | 4:30 - 6:30pm | On ice development |  |
|  | 7:00pm | **Supper** at St. Anne's Parish - stew, chili, buns, butter, spinach salad, Caesar salad, rice, meatballs |  |
|  | 7:45- 8:15pm | Set up Beds |  |
|  | 8:15 – 9:00pm | **Education** Session |  |
|  | 9:00 – 9:45pm | **Games** |  |
|  | 9:45 - 10:00pm | **Bedtime** - - lights out by 10:15 |  |
| **Sunday Nov 8th** | 6:15am | Get out of bed & pack up stuff |  |
|  | 7:00am | **Breakfast** - overnight oatmeal, breakfast sandwiches, Greek yogurt, fresh fruit, cereal & milk |  |
|  | 7:45am | **Leave** for Matheson Arena |  |
|  | 8:30am | **Arrive** at Matheson Arena |  |
|  | 9:00 - 10:00am | On ice development |  |
|  | 10:00 - 11:00am | **Scrimmage** with Timmins U14A |  |
|  | 11:30am | **Leave for home - safe drive** |  |
|  |  |  |  |

Plan for **30** people \*\*\***NEED\*\*\* ALLERGIES = Peanuts & Kiwi Fruit**

|  |  |  |
| --- | --- | --- |
| Spinach salad | Greek yogurt parfaits | Cheese & Crackers |
| Cut up fresh fruit | Hard boiled eggs | Rice |
| Apples, Oranges, Bananas | Stew (beef or chicken) | Chili |
| Caesar salad | Meatballs | Buns & butter |
| Overnight oatmeal | Individual greek yogurt | 2 boxes of Cereal & milk (4Litres) |
| Chocolate milk (4 Litres) | 3 cases of water | Orange & apple juice |
| Granola Bars | Bagels & cream cheese - already prepared |  |
| Napkins | Paper plates, bowls & cutlery |  |
|  |  |  |