



## PCHA SUMMER TRAINING PROGRAM

### Group 1 (U15-U17)



June 2026			
Date	Time	HRS	Location
Mon 15 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 16 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 17 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 18 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 22 <sup>nd</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 23 <sup>rd</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 24 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 25 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance

July 2026			
Date	Time	HRS	Location
Weds 1 <sup>st</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 2 <sup>nd</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Mon 6 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 7 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Weds 8 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 9 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Mon 13 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 14 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 15 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 16 <sup>h</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 20 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 21 <sup>st</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance

Weds 22 <sup>nd</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 23 <sup>rd</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 27 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 28 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 29 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 30 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance

August 2026			
Date	Time	HRS	Location
Mon 3 <sup>rd</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 4 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 5 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 6 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 10 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 11 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 12 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 13 <sup>h</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 17 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 18 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 19 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 20 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Mon 24 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Tues 25 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance
Weds 26 <sup>th</sup>	7-8:30am Gym	1.5hr	PC Sports Performance
Thurs 27 <sup>th</sup>	6-7:30am Ice	1.5hr	Westhills
	8-9:30am Gym	1.5hr	PC Sports Performance

**Totals:**

**Gym Sessions: 42 (63hrs)**

**Ice Sessions: 18 (27hrs)**