



PCHA SUMMER TRAINING PROGRAM
Group 2 (U18/Jr/College)



June 2026			
Date	Time	HRS	Location
Mon 15 th	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 16 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Weds 17 th	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 18 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Mon 22 nd	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 23 rd	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Weds 24 th	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 25 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance

July 2026			
Date	Time	HRS	Location
Weds 1 st	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 2 nd	8:30-10am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Mon 6 th	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 7 th	8:30-10am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Weds 8 th	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 9 th	8:30-10am Gym	1.5hr	PC Sports Performance
	Westhills Ice Out	N/A	Westhills
Mon 13 th	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 14 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Weds 15 th	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 16 ^h	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Mon 20 th	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 21 st	7:30-9am Ice	1.5hr	Westhills

	9:30-11am Gym	1.5hr	PC Sports Performance
Weds 22 nd	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 23 rd	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Mon 27 th	8:30-10am Gym	1.5hr	PC Sports Performance
Tues 28 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance
Weds 29 th	8:30-10am Gym	1.5hr	PC Sports Performance
Thurs 30 th	7:30-9am Ice	1.5hr	Westhills
	9:30-11am Gym	1.5hr	PC Sports Performance

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

Totals:

Gym Sessions: 42 (63hrs)

Ice Sessions: 18 (27hrs)