



# **NANAIMO BUCCANEERS MAIN CAMP 2018**

## **Friday August 17**

2:00 PM Player Check in.

2:30 PM – Fitness Test with Prime Sport and Kinesiology  
(BOTH TEAMS)

5:15-6:45PM Team Yellow Practice

7:15 – 8:45PM Team Black Practice

## **Saturday August 18**

8:00 AM PLAYERS MEET AT SERAUXMAN TRACK (ACROSS FROM RINK)

\*\*\*bring workout attire, water bottle.

10:30-11:30AM Team Yellow Practice

12:00 – 1:00PM Team Black Practice

4:30 – 6:15PM – Game #1 Team Yellow VS Black

## **Sunday August 19**

Ice 9:00AM-10:45AM Game #2 Team Yellow VS Black

11:15 AM – Player Meetings @ Buccaneers Dressing Room.

