

Players Name

2022



MCN Player Off season training/Camp Plan

Activity	Notes	Dates
Offseason break - no games	MCN Skates etc	April- June, July
Begin off season training program	Skipping, ladders light weights.	
Spring Camp prep skates (MCN Matt Gorman)		
Spring Camp		
Continue offseason training off ice		
Off ice training, including gym and sport activity		
Skates		
Other sport		
Full offseason training program begins		Late June - Mid August
MCN PREP SKATE		
Any pre camp skates		
Training camp prep camp		Mid August - early Fall