

(All schedules are subject to change as needed.)

U16/18 Fundamentals Project

December 3 - 6, 2026

DAILY SCHEDULE

Thursday 12/3

6:30-8:00pm- Check In
8:00-9:00pm – Athlete/Coach meetings
9:15pm- In rooms
9:30pm – Light Out

FRIDAY 12/4

6:30am – Wake up
6:45am - Warm up
7:00-7:30am - Breakfast
8:00am – Leave for Whiteface
9:00-2:30pm – Training @ Whiteface
3:30pm - Snack, Mandatory Study Hall
5:30pm – Dinner
7:00pm – Evening Activity
9:15pm – In Rooms
9:30pm – Lights out

SATURDAY 12/5

6:30am – Wake up
6:45am – Warm up
7:00-7:30am-Breakfast
8:00am - Leave for Whiteface
9:00-2:30pm – Training @ Whiteface
3:30pm – Snack, mandatory study hall
5:30pm - Dinner
7:00pm – Evening Activities
9:15pm-In rooms
9:30pm-Lights out

SUNDAY 12/6

6:30am-Wake up & pack bags
7:00-7:30am -Breakfast
8:00am – Leave for Whiteface
9:00am-12:00pm – Training @ Whiteface
1:30pm – Athlete pick up at Whiteface & depart for home