

CAROLINA HURRICANES

2016 TRAINING CAMP SCHEDULE

Friday, Sept. 23

TEAM A

8:30 – 9:15 a.m. Team A PRACTICE
..... FLOOD
9:30 – 9:45 a.m. Team A - Special Teams
9:45 – 10:05 a.m. Team A vs. Team B Scrimmage
10:15 – 10:30 a.m. Recovery off ice workout

TEAM B

9:45 – 10:05 a.m. Team B vs. Team A Scrimmage
..... FLOOD
10:30 – 11:15 a.m. Team B Practice
11:15 – 11:30 a.m. Team B – Special Teams

Saturday, Sept. 24

TEAM B

8:30 – 9:15 a.m. Team B PRACTICE
..... FLOOD
9:30 – 9:45 a.m. Team B - Special Teams
9:45 – 10:05 a.m. Team B vs. Team A Scrimmage

TEAM A

9:45 – 10:05 a.m. Team A vs. Team B Scrimmage
..... FLOOD
10:30 – 11:15 a.m. Team A Practice
11:15 – 11:30 a.m. Team A – Special Teams

Sunday, Sept. 25

8:45 a.m. Goalies on Ice
9:15 – 10:00 a.m. NON GAME PRACTICE
1:00 p.m. Team RED vs. Team WHITE

Monday, Sept. 26

10:30 a.m. GAME GROUP PRACTICE
11:30 a.m. NON GAME GROUP PRACTICE

Thursday, Sept. 29

9:45 – 10:30 a.m. Team A practice
..... FLOOD
10:45 – 11:00 a.m. Team A-PP/Special Teams
..... FLOOD
11:15 – 12:00 p.m. Team B practice
..... FLOOD
12:15 – 12:30 p.m. Team B-PP/Special Teams

Friday, Sept. 30

10:30 a.m. PG Skate GAME GROUP
11:30 a.m. NON GAME GROUP PRACTICE

Saturday, Oct. 1 – PRACTICE CLOSED TO PUBLIC

9:45 – 10:30 a.m. Team B Practice
..... FLOOD
10:45 – 11:00 Team B-PP/Special Teams
..... FLOOD
11:15 – 12:00 p.m. Team A Practice
..... FLOOD
12:15 – 12:30 Team A-PP/Special Teams

Sunday, Oct. 2 – PRACTICE CLOSED TO PUBLIC

9:15 – 9:45 a.m. PG Skate GAME GROUP
10:00- 10:45 a.m. NON GAME GROUP PRACTICE

Friday, Oct. 7

10:30 a.m. PG Skate @ PNC

Saturday, Oct. 8 – PRACTICE CLOSED TO PUBLIC

11:00 a.m. Team Practice @ PNC

Sunday, Oct. 9 – STMs EXCLUSIVE PRACTICE. CLOSED TO PUBLIC

12:30 p.m. Team Practice @ PNC

Monday, Oct. 10

OFF

Tuesday, Oct. 11

11:00 a.m. Team Practice @ PNC