



TRAINING CAMP SCHEDULE

Thursday, September 19th

Team 1: (Flyers Ice)

8:30am – 9:15am: 3x8 Lap 300 Shuttle

Team 2: (Phantoms Ice)

9:30am – 10:15am: 3x8 Lap 300 Shuttle

Team 3: (Flyers Ice)

10:30am – 11:15am: 3x8 Lap 300 Shuttle

Friday, September 20th

Team 3:

9:00am – 9:50am: Practice – Phantoms Ice

10:10am – 11:05am: Scrimmage – Flyers Ice

11:10am – 12:00pm: Off Ice Workout

Team 1:

10:10am – 11:05am: Scrimmage – Flyers Ice

11:20am – 12:15pm: Scrimmage – Flyers Ice

12:20pm – 1:10pm: Off Ice Workout

Team 2:

11:20am – 12:15pm: Scrimmage – Flyers Side

12:30pm – 1:20pm: Practice – Phantoms Ice

1:30pm – 2:20pm: Off Ice Workout

Saturday, September 21st

Team 2:

9:00am – 9:50am: Practice – Phantoms Ice

10:10am – 11:05am: Scrimmage – Flyers Ice

11:10am – 12:00pm: Off Ice Workout

Team 3:

10:10am – 11:05am: Scrimmage – Flyers Ice

11:20am – 12:15pm: Scrimmage – Flyers Ice

12:20pm – 1:10pm: Off Ice Workout

Team 1:

11:20am – 12:15pm: Scrimmage – Flyers Ice

12:30pm – 1:20pm: Practice – Phantoms Ice

1:30pm – 2:20pm: Off Ice Workout

Sunday, September 22nd

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)

10:30am: Bus to Washington

3:00pm: Flyers @ Washington Capitals

Non-Game Group: (Phantoms Ice)

Group 1:

10:00am – 10:50am: On-Ice

11:00am – 11:50am: Off-Ice

Group 2:

10:00am – 10:50am: Off-Ice

11:00am – 11:50am: On-Ice

Monday, September 23rd

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)

7:00pm: Flyers @ Montreal Canadiens

Non-Game Group: (Phantoms Ice)

Group 1:

10:00am – 10:50am: On-Ice

11:00am – 11:50am: Off-Ice

Group 2:

10:00am – 10:50am: Off-Ice

11:00am – 11:50am: On-Ice

Tuesday, September 24th

OFF DAY

Wednesday, September 25th

TEAM 1: (Flyers Ice)

11:00am: On-Ice Practice

12:00pm: Off-Ice

TEAM 2: (Phantoms Ice)

12:00pm: On-Ice Practice

1:00pm: Off-Ice



Thursday, September 26th

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)
5:30pm: Meeting @ Wells Fargo Center
7:00pm: Flyers vs New York Islanders

Non-Game Group: (Phantoms Ice)

10:00am – 10:50am: On-Ice
11:00am – 11:50am: Off-Ice

Friday, September 27th

TEAM 1: (Flyers Ice)

11:00am: On-Ice
12:00pm: Off-Ice

Saturday, September 28th

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)
5:30pm: Meeting @ Wells Fargo Center
7:00pm: Flyers vs Boston Bruins

Non-Game Group: (Phantoms Ice):

10:00am – 10:50am: On-Ice
11:00am – 11:50am: Off-Ice

Sunday, September 29th

OFF DAY

Monday, September 30th

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)
2:00pm: Bus to Long Island
7:00pm: Flyers @ New York Islanders

Non-Game Group: (Phantoms Ice):

10:00am – 10:50am: On-Ice
11:00am – 11:50am: Off-Ice

Tuesday, October 1st

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)
7:00pm: Flyers @ Boston Bruins

Non-Game Group: (Phantoms Ice):

10:00am – 10:50am: On-Ice
11:00am – 11:50am: Off-Ice

Wednesday, October 2nd

TEAM 1: (Flyers Ice)

11:00am: On-Ice
12:00pm: Off-Ice

TEAM 2: (Flyers Ice)

12:00am: On-Ice
1:00pm: Off-Ice

Thursday, October 3rd

Game Group:

10:00am: Pre-Game Skate (Flyers Ice)
7:00pm: Flyers vs New Jersey Devils

Non-Game Group: (Phantoms Ice):

10:00am – 10:50am: On-Ice
11:00am – 11:50am: Off-Ice