

Daily Structure

7:00 – 7:45 AM	Optional Open Ice Ice open every program day. No scheduled drills. A coach is present for individual skill work by request.
7:45 – 9:00 AM	Focused Session The core 75-minute block. Each day is either on ice or in the gym — never both.
9:00 – 9:15 AM	Transition Shower, change and prepare for the academic day.
9:15 AM	Departure Bus departs for Saratoga Central Catholic School.
10:00 AM – 2:30 PM	Academic Day Saratoga Central Catholic School.
3:00 PM	Rink Pickup No strict deadline.

Load Management

Because the focused block is a single 75-minute session, athletes either skate or train off ice on a given day — never both. Two days each week are built as full off-ice training days. Off-ice days are never scheduled back to back and never fall on a Friday. Athletes average under three focused skates per week, with optional open ice available every morning.

Coaching Assignments

MONDAY	Ryan Waltman On ice: light skate and stationary skill. Deliberately low volume for athletes returning from multi-game weekends. Off ice: recovery lift, mobility and regeneration.
TUESDAY	Mike Bergin On ice: power skating, angling and gap control, defensive details and structure, and battle work — selected on athlete energy and recovery. Off ice: lower body strength, speed and power, paired with individual or group video.
WEDNESDAY	Pete MacArthur On ice: edgework, shooting, stickhandling, passing and wall work. Off ice: upper and full body strength, paired with off-ice hands and shooting mechanics.
THURSDAY	Ryan Waltman On ice: goal scoring and player request day. Athletes bring what they want sharpened before weekend competition. Off ice: activation lift and player request video — a primer the day before Friday tournaments and showcases.
FRIDAY	Coaching Rotation Flow, small-area games and player choice. Rotated among the staff or led by Skidmore College hockey players. Structured with the understanding that many Fridays are game or travel days.

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

SEPTEMBER 2026

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 NO SCHOOL Program not in session	2 NO SCHOOL Program not in session	3 NO SCHOOL Program not in session	4 NO SCHOOL Program not in session	5 <i>External team competition</i>	6 <i>External team competition</i>
7 NO SCHOOL Labor Day	8 NO SCHOOL Professional Day	9 ON ICE Pete MacArthur Edgework 7:00 open ice 7:45–9:00 focus	10 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	11 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	12 <i>External team competition</i>	13 <i>External team competition</i>
14 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	15 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	16 ON ICE Pete MacArthur Shooting 7:00 open ice 7:45–9:00 focus	17 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	18 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	19 <i>External team competition</i>	20 <i>External team competition</i>
21 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	22 ON ICE Mike Bergin Power Skating 7:00 open ice 7:45–9:00 focus	23 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus	24 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	25 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	26 <i>External team competition</i>	27 <i>External team competition</i>
28 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	29 OFF ICE Mike Bergin Speed & Power Development + Group Video: Team Defense 7:00 open ice 7:45–9:00 focus	30 ON ICE Pete MacArthur Stickhandling 7:00 open ice 7:45–9:00 focus				

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

OCTOBER 2026

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	2 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	3 <i>External team competition</i>	4 <i>External team competition</i>
5 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	6 ON ICE Mike Bergin Angling & Gap Control 7:00 open ice 7:45–9:00 focus	7 OFF ICE Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus	8 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	9 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	10 <i>External team competition</i>	11 <i>External team competition</i>
12 NO SCHOOL Columbus & Indigenous Peoples' Day	13 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	14 ON ICE Pete MacArthur Passing 7:00 open ice 7:45–9:00 focus	15 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	16 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	17 <i>External team competition</i>	18 <i>External team competition</i>
19 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	20 ON ICE Mike Bergin Defensive Details & Structure 7:00 open ice 7:45–9:00 focus	21 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	22 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	23 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	24 <i>External team competition</i>	25 <i>External team competition</i>
26 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	27 OFF ICE Mike Bergin Speed & Power Development + Group Video: Gap & Angling 7:00 open ice 7:45–9:00 focus	28 ON ICE Pete MacArthur Wall Work 7:00 open ice 7:45–9:00 focus	29 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	30 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	31 <i>External team competition</i>	

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

NOVEMBER 2026

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 <i>External team competition</i>
2 Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus OFF ICE	3 NO SCHOOL Professional Day	4 Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus OFF ICE	5 Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus ON ICE	6 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	7 <i>External team competition</i>	8 <i>External team competition</i>
9 Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus ON ICE	10 Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus OFF ICE	11 NO SCHOOL Veterans' Day	12 Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus OFF ICE	13 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	14 <i>External team competition</i>	15 <i>External team competition</i>
16 Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus OFF ICE	17 Mike Bergin Battle Day 7:00 open ice 7:45–9:00 focus ON ICE	18 Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus OFF ICE	19 Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus ON ICE	20 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	21 <i>External team competition</i>	22 <i>External team competition</i>
23 Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus OFF ICE	24 Mike Bergin Power Skating 7:00 open ice 7:45–9:00 focus ON ICE	25 NO SCHOOL Thanksgiving Recess	26 NO SCHOOL Thanksgiving Recess	27 NO SCHOOL Thanksgiving Recess	28 <i>External team competition</i>	29 <i>External team competition</i>
30 Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus ON ICE						

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

DECEMBER 2026

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 OFF ICE Mike Bergin Speed & Power Development + Group Video: Team Defense 7:00 open ice 7:45–9:00 focus	2 ON ICE Pete MacArthur Edgework 7:00 open ice 7:45–9:00 focus	3 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	4 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	5 <i>External team competition</i>	6 <i>External team competition</i>
7 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	8 ON ICE Mike Bergin Angling & Gap Control 7:00 open ice 7:45–9:00 focus	9 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	10 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	11 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	12 <i>External team competition</i>	13 <i>External team competition</i>
14 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	15 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	16 ON ICE Pete MacArthur Shooting 7:00 open ice 7:45–9:00 focus	17 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	18 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	19 <i>External team competition</i>	20 <i>External team competition</i>
21 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	22 ON ICE Mike Bergin Defensive Details & Structure 7:00 open ice 7:45–9:00 focus	23 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus	24 NO SCHOOL Christmas Recess	25 NO SCHOOL Christmas Recess	26 <i>External team competition</i>	27 <i>External team competition</i>
28 NO SCHOOL Christmas Recess	29 NO SCHOOL Christmas Recess	30 NO SCHOOL Christmas Recess	31 NO SCHOOL Christmas Recess			

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

JANUARY 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 NO SCHOOL Christmas Recess	2 <i>External team competition</i>	3 <i>External team competition</i>
4 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	5 OFF ICE Mike Bergin Speed & Power Development + Group Video: Gap & Angling 7:00 open ice 7:45–9:00 focus	6 ON ICE Pete MacArthur Stickhandling 7:00 open ice 7:45–9:00 focus	7 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	8 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	9 <i>External team competition</i>	10 <i>External team competition</i>
11 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	12 ON ICE Mike Bergin Battle Day 7:00 open ice 7:45–9:00 focus	13 OFF ICE Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus	14 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	15 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	16 <i>External team competition</i>	17 <i>External team competition</i>
18 NO SCHOOL MLK Jr. Day	19 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	20 ON ICE Pete MacArthur Passing 7:00 open ice 7:45–9:00 focus	21 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	22 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	23 <i>External team competition</i>	24 <i>External team competition</i>
25 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	26 ON ICE Mike Bergin Power Skating 7:00 open ice 7:45–9:00 focus	27 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	28 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	29 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	30 <i>External team competition</i>	31 <i>External team competition</i>

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

FEBRUARY 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	2 OFF ICE Mike Bergin Speed & Power Development + Group Video: Team Defense 7:00 open ice 7:45–9:00 focus	3 ON ICE Pete MacArthur Wall Work 7:00 open ice 7:45–9:00 focus	4 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	5 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	6 <i>External team competition</i>	7 <i>External team competition</i>
8 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	9 ON ICE Mike Bergin Angling & Gap Control 7:00 open ice 7:45–9:00 focus	10 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus	11 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	12 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	13 <i>External team competition</i>	14 <i>External team competition</i>
15 NO SCHOOL Presidents' Day	16 NO SCHOOL Mid-Winter Recess	17 NO SCHOOL Mid-Winter Recess	18 NO SCHOOL Mid-Winter Recess	19 NO SCHOOL Mid-Winter Recess	20 <i>External team competition</i>	21 <i>External team competition</i>
22 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	23 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	24 ON ICE Pete MacArthur Edgework 7:00 open ice 7:45–9:00 focus	25 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	26 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	27 <i>External team competition</i>	28 <i>External team competition</i>

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

MARCH 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	2 ON ICE Mike Bergin Defensive Details & Structure 7:00 open ice 7:45–9:00 focus	3 OFF ICE Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus	4 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	5 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	6 <i>External team competition</i>	7 <i>External team competition</i>
8 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	9 OFF ICE Mike Bergin Speed & Power Development + Group Video: Gap & Angling 7:00 open ice 7:45–9:00 focus	10 ON ICE Pete MacArthur Shooting 7:00 open ice 7:45–9:00 focus	11 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	12 NO SCHOOL Professional Day	13 <i>External team competition</i>	14 <i>External team competition</i>
15 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	16 ON ICE Mike Bergin Battle Day 7:00 open ice 7:45–9:00 focus	17 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	18 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	19 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	20 <i>External team competition</i>	21 <i>External team competition</i>
22 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	23 ON ICE Mike Bergin Power Skating 7:00 open ice 7:45–9:00 focus	24 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus	25 NO SCHOOL Holy Thursday	26 NO SCHOOL Good Friday	27 <i>External team competition</i>	28 <i>External team competition</i>
29 NO SCHOOL Easter Recess	30 NO SCHOOL Easter Recess	31 NO SCHOOL Easter Recess				

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

APRIL 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 NO SCHOOL Easter Recess	2 NO SCHOOL Easter Recess	3 <i>External team competition</i>	4 <i>External team competition</i>
5 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	6 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	7 ON ICE Pete MacArthur Stickhandling 7:00 open ice 7:45–9:00 focus	8 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	9 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	10 <i>External team competition</i>	11 <i>External team competition</i>
12 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	13 ON ICE Mike Bergin Angling & Gap Control 7:00 open ice 7:45–9:00 focus	14 OFF ICE Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus	15 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	16 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	17 <i>External team competition</i>	18 <i>External team competition</i>
19 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	20 OFF ICE Mike Bergin Speed & Power Development + Group Video: Team Defense 7:00 open ice 7:45–9:00 focus	21 ON ICE Pete MacArthur Passing 7:00 open ice 7:45–9:00 focus	22 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	23 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	24 <i>External team competition</i>	25 <i>External team competition</i>
26 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	27 ON ICE Mike Bergin Defensive Details & Structure 7:00 open ice 7:45–9:00 focus	28 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	29 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	30 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus		

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

MAY 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <i>External team competition</i>	2 <i>External team competition</i>
3 Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus ON ICE	4 Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus OFF ICE	5 Pete MacArthur Wall Work 7:00 open ice 7:45–9:00 focus ON ICE	6 Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus OFF ICE	7 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	8 <i>External team competition</i>	9 <i>External team competition</i>
10 Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus OFF ICE	11 Mike Bergin Battle Day 7:00 open ice 7:45–9:00 focus ON ICE	12 Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus OFF ICE	13 Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus ON ICE	14 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	15 <i>External team competition</i>	16 <i>External team competition</i>
17 Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus ON ICE	18 Mike Bergin Speed & Power Development + Group Video: Gap & Angling 7:00 open ice 7:45–9:00 focus OFF ICE	19 Pete MacArthur Edgework 7:00 open ice 7:45–9:00 focus ON ICE	20 Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus OFF ICE	21 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	22 <i>External team competition</i>	23 <i>External team competition</i>
24 Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus OFF ICE	25 Mike Bergin Power Skating 7:00 open ice 7:45–9:00 focus ON ICE	26 Pete MacArthur Full Body Strength + Shooting Mechanics 7:00 open ice 7:45–9:00 focus OFF ICE	27 Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus ON ICE	28 Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus ON ICE	29 <i>External team competition</i>	30 <i>External team competition</i>
31 NO SCHOOL Memorial Day						

NY ELITE HOCKEY ACADEMY

2026–27 Training Calendar | Capital Ice Arena, Clifton Park, NY

JUNE 2027

■ Ryan Waltman
■ Mike Bergin
■ Pete MacArthur
■ Coaching Rotation
ON ICE
OFF ICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 OFF ICE Mike Bergin Lower Body Strength + Individual Video 7:00 open ice 7:45–9:00 focus	2 ON ICE Pete MacArthur Shooting 7:00 open ice 7:45–9:00 focus	3 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	4 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	5 <i>External team competition</i>	6 <i>External team competition</i>
7 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	8 ON ICE Mike Bergin Angling & Gap Control 7:00 open ice 7:45–9:00 focus	9 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Stickhandling & Hand-Eye 7:00 open ice 7:45–9:00 focus	10 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	11 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	12 <i>External team competition</i>	13 <i>External team competition</i>
14 ON ICE Ryan Waltman Light Skate & Stationary Skill 7:00 open ice 7:45–9:00 focus	15 OFF ICE Mike Bergin Speed & Power Development + Group Video: Team Defense 7:00 open ice 7:45–9:00 focus	16 ON ICE Pete MacArthur Stickhandling 7:00 open ice 7:45–9:00 focus	17 OFF ICE Ryan Waltman Activation Lift & Player Request Video 7:00 open ice 7:45–9:00 focus	18 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	19 <i>External team competition</i>	20 <i>External team competition</i>
21 OFF ICE Ryan Waltman Recovery Lift, Mobility & Regeneration 7:00 open ice 7:45–9:00 focus	22 ON ICE Mike Bergin Defensive Details & Structure 7:00 open ice 7:45–9:00 focus	23 OFF ICE Pete MacArthur Upper Body Strength + Off-Ice Hands 7:00 open ice 7:45–9:00 focus	24 ON ICE Ryan Waltman Goal Scoring & Player Request 7:00 open ice 7:45–9:00 focus	25 ON ICE Coaching Rotation Flow, Small Area Games & Player Choice 7:00 open ice 7:45–9:00 focus	26 <i>External team competition</i>	27 <i>External team competition</i>
28 NO SCHOOL Program not in session	29 NO SCHOOL Program not in session	30 NO SCHOOL Program not in session				