SSM Hockey Camp Sample Schedule

### Sunday Check-In
- 3:00-5:00pm Check in (Sports Complex)
- 3:00-4:30pm Open Ice
- 5:00pm Dinner - (Dining Hall)
- 6:00pm- Orientation (Sports Complex Gym)
- 9:30pm Dorm Meetings (In dorm)

### Sample Schedule 1
- 7:00am Breakfast
- 8:00-9:00 Practice- Parise Arena
- 10:15am Weight Room
- 11:00am Lunch
- 12:30-1:15pm Classroom
- 2:15-3:15 Practice- Parise Arena
- 3:45-4:45 Group Activity
- 5:15pm Dinner
- 6:00pm Team Stretch
- 6:45-7:45 Game- Parise Arena
- 10:00pm Lights Out

### Sample Schedule 2
- 7:30am Breakfast
- 8:00am Weight Room
- 10:15-11:15 Practice- Sumner Arena
- 12:00pm Lunch
- 1:30-2:15pm Classroom
- 3:15-4:15 Ice- Sumner Arena
- 4:30-5:30 Group Activity
- 6:00pm Dinner
- 7:30pm Team Stretch
- 8:00-9:00 Practice- Sumner Arena
- 10:00pm Lights Out

### Saturday Check-Out
- Teams will play a Saturday morning game. Games will start at 8:00am, and be finished by 12:00pm