



# 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