



\*Note Activities may be added, cancelled or re-scheduled as deemed necessary by Staff

v.5

## Session #1 | July 11-17, 2027 | Red Group

| July 11th<br>Sunday<br>Day 1  | July 12th<br>Monday<br>Day 2   | July 13th<br>Tuesday<br>Day 3  | July 14th<br>Wednesday<br>Day 4 | July 15th<br>Thursday<br>Day 5   | July 16th<br>Friday<br>Day 6           | July 17th<br>Saturday<br>Day 7         |
|-------------------------------|--------------------------------|--------------------------------|---------------------------------|----------------------------------|----------------------------------------|----------------------------------------|
| 2:45pm Check-in               | 7:45am Wake up                 | 7:45am Wake up                 | 7:45am Wake up                  | 7:45am Wake up                   | 7:45 Wake up                           | 7:00 Wake up                           |
| 3:15-3:45pm Orientation       | 8:00-8:30 Breakfast            | 8:00-8:30 Breakfast            | 8:00-8:30 Breakfast             | 8:00-8:30 Breakfast              | 8:00-8:30 Breakfast                    | 7:00-7:30 Packing & Final Clean        |
| 4:15-5:15pm Ice #1            | 8:45 Depart for Rink           | 8:45 Depart for Rink           | 8:45 Depart for Rink            | 8:45 Depart for Rink             | 8:45 Depart for Hike                   | 7:45-8:15 Breakfast                    |
| 6:00pm Leave for Housing      | 9:00-9:15 Team Meeting         | 9:00-9:15 Team Meeting         | 9:00-9:15 Team Meeting          | 9:00-9:15 Team Meeting           | 9:15-10:15 Hiking (Bridal River Falls) | 8:15 Depart for Rink                   |
| 6:15-6:45 Unpack/ Move-in     | 9:15-9:45 Warmup & Stretching  | 9:15-9:45 Warmup & Stretching  | 9:15-9:45 Warmup & Stretching   | 9:15-9:45 Warmup & Stretching    | 10:15 Depart for Rink                  | 9:00-10:00 Ice #10 'PH CUP' Final Game |
| 6:45-7:30 Dinner              | 9:45-10:15 Dryland Training    | 9:45-10:15 Dryland Training    | 9:45-10:15 Dryland Training     | 9:45-10:15 Dryland Training      | 10:45-11:00 Off Ice Stick Skills       |                                        |
| 7:30-8:15 Team Meeting        | 10:45-12:00 Ice #2             | 10:45-12:00 Ice #4             | 10:45-12:00 Ice #6              | 10:45-12:00 Ice #8               | 11:00-12:00 Dryland Training           | 11:00-11:30 Camp Closing               |
| 8:15-9:15 Ice Breakers/ Intro | 12:15-1:00 Lunch               | 12:15-1:00 Lunch               | 12:15-1:00 Lunch                | 12:15-1:00 Lunch                 | 12:15-1:00 Lunch                       |                                        |
| 9:30 Lights Out               | 1:00-1:30 Classroom            | 1:00-1:30 Classroom            | 1:00-1:30 Classroom             | 1:00-1:30 Classroom              | 1:00-1:30 Classroom                    |                                        |
|                               | 1:30-2:00 Off Ice Stick Skills | 1:30-2:00 Off Ice Stick Skills | 1:30-2:00 Off Ice Stick Skills  | 1:30 Depart for Rafting          | 1:30-2:00 Team Skills                  |                                        |
|                               | 2:30-3:00 Team Skills          | 2:30-4:30 Splash Summit        | 2:30-3:00 Team Skills           | 2:15-4:30 Rafting (Provo Canyon) | 2:00-2:45 Dynamic Stretching           |                                        |
|                               | 3:30-5:00 Ice #3               | 5:30-7:00 Ice #5               | 3:30-5:00 Ice #7                | 4:45 Depart for Rink             | 3:30-5:00 Ice #9                       |                                        |
|                               | 5:15-6:15 Evening Game #1      | 7:15-8:00 Dinner at Rink       | 5:15-6:15 Game Vs Coaches       | 5:15-6:00 Team Skills            | 5:15-6:15 Evening Game #2              |                                        |
|                               | 6:30 Leave for Housing         | 8:00-8:45 Evening Activity     | 6:30 Leave for Housing          | 6:30 Leave for Housing           | 6:30 Dinner at Rink                    |                                        |
|                               | 6:45-7:30 Dinner               | 8:45 Leave for Housing         | 6:45 Dinner                     | 6:45 Dinner                      | 7:30-8:30 Team Skills                  |                                        |
|                               | 7:45-8:45 Evening Activity     | 9:00-9:30 Free Time            | 7:45-8:45 Evening Activity      | 7:45-8:45 Evening Activity       | 8:45-10:15 Outdoor Movie               |                                        |
|                               | 9:30 Lights Out                | 9:30 Lights Out                | 9:30 Lights Out                 | 9:30 Lights Out                  | 10:15 Lights Out                       |                                        |

### DETAILS

**Team Skills**-Floor Hockey, Shooting Competitions, Stickhandling, Speedball, Dodgeball, Soccer, Basketball, Ultimate Frisbee, Team Building & Competitions

**Off Ice Stick Skills**- Stickhandling & Shooting instruction

**Evening Activity**- Gym Activities, Guest Speakers, Hockey Concepts, Team Meeting, Game Night, Trivia, Rec Center

# PLANET HOCKEY



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