



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

v.5

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

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

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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