



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

v.5

Session #2 | July 17-23, 2027 | Red Group

July 17th Saturday Day 1	July 18th Sunday Day 2	July 19th Monday Day 3	July 20th Tuesday Day 4	July 21st Wednesday Day 5	July 22nd Thursday Day 6	July 23rd Friday Day 7
2:45pm Check-in 3:15-3:45 Orientation 4:15-5:15 Ice #1 6:00 Leave 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	7:45am Wake up 8:00-8:30 Breakfast 8:45 Depart for Rink 9:00-9:15 Team Meeting 9:15-9:45 Warmup & Stretching 9:45-10:15 Dryland Training 10:45-12:00 Ice #2 12:15-1:00 Lunch 1:00-1:30 Classroom 1:30-2:00 Off Ice Stick Skills 2:30-3:00 Team Skills 3:30-5:00 Ice #3 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	7:45am Wake up 8:00-8:30 Breakfast 8:45 Depart for Rink 9:00-9:15 Team Meeting 9:15-9:45 Warmup & Stretching 9:45-10:15 Dryland Training 10:45-12:00 Ice #4 12:15-1:00 Lunch 1:00-1:30 Classroom 1:30-2:00 Off Ice Stick Skills 2:30-4:30 Splash Summit 5:30-7:00 Ice #5 7:15-8:00 Dinner at Rink 8:00-8:45 Evening Activity 8:45 Leave for Housing 9:00-9:30 Free Time 9:30 Lights Out	7:45am Wake up 8:00-8:30 Breakfast 8:45 Depart for Rink 9:00-9:15 Team Meeting 9:15-9:45 Warmup & Stretching 9:45-10:15 Dryland Training 10:45-12:00 Ice #6 12:15-1:00 Lunch 1:00-1:30 Classroom 1:30-2:00 Off Ice Stick Skills 2:30-3:00 Team Skills 3:30-5:00 Ice #7 5:15-6:15 Game Vs Coaches 6:30 Leave for Housing 6:45 Dinner 7:45-8:45 Evening Activity 9:30 Lights Out	7:45am Wake up 8:00-8:30 Breakfast 8:45 Depart for Rink 9:00-9:15 Team Meeting 9:15-9:45 Warmup & Stretching 9:45-10:15 Dryland Training 10:45-12:00 Ice #8 12:15-1:00 Lunch 1:00-1:30 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 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 1:30-2:00 Team Skills 2:00-2:45 Dynamic Stretching 3:30-5:00 Ice #9 5:15-6:15 Evening Game #2 6:30 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 8:15 Depart for Rink 9:00-10:00 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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