

MSU HOCKEY CAMP ANSWERS TO FAQs...

- Types of ice sessions that comprise the 12 total for the week:
 - Goalie - (60 mins– goalies only)
 - Power Skating (45 mins – skaters only)
 - Skill and competition (75 mins – skaters and goalies)
 - Scrimmage (50 mins – skaters and goalies)
- Weekly curriculum:
 - Sunday – evaluations
 - Monday – forward Skating, personal puck control, compete drills
 - Tuesday – starting and stopping, passing and receiving, compete drills
 - Wednesday – turning, shooting and checking
 - Thursday – backward skating, final competition
- Suburban Ice Arena address:
 - 2810 Hannah Blvd.
 - East Lansing, Mi
- Groups are initially divided by age, then moved after evaluation
- The weeks are not broken down into specific ages. Each of the 4 weeks is comprised of the same ages, curriculum and level.
- There is a separate goalie program which includes: on-ice, off-ice and video sessions

- Campers will swim Monday, Tuesday, Wednesday (weather permitting)
- The coach to player ratio is a maximum 1:10
- We teach checking (body checking to age appropriate groups) including angling, board safety, and take-out techniques.
- Skate sharpening services are available on site for a fee (payable by the camper at time of service)