

NITTANY LION DEVELOPMENT CAMP: JULY 16-19, 2017

Equipment:

Skates (Not provided) Hockey Padding (none is provided) Hockey Sticks (bring several)
Supporters Throat Guards recommended Street Hockey Sticks (bring several)
Helmet with face guard and mouth guard (mandatory)
Sneakers, shorts, work-out t-shirts for off-ice activities

PENN STATE ICE HOCKEY NITTANY LION DEVELOPMENT CAMP – “TENTATIVE” SCHEDULE

First Day, July 16

12:30 p.m. - 2:00 p.m. Final Registration – Pegula Ice Arena, Gate A
3:30 Camp meeting** - (Pegula Ice Arena)
4:30 **Dinner**
6:00 Instructional Session
10:30 In Dorm
11:00 Lights out

Full Days (July 17-18)

7:00 a.m. **Breakfast**, Clean Room, Room Check
9:00 Instructional Session
11:30 **Lunch**
1:30 p.m. Instructional Session
4:30 **Dinner**
7:00 Instructional Session or Recreational Activities
10:30 In Dorm
11:00 Lights out

Last Day, July 19

7:00 a.m. **Breakfast**
8:00 Instructional Session
11:30 **Lunch**
12:30 p.m. FINAL GAMES* BEGIN (PARENTS INVITED)
2:00 Final game* (PARENTS INVITED)
3:30 Final game* (PARENTS INVITED)
5:00 Check out, Turn in key

No skateboards or roller blades.

****In addition to the on-ice sessions, campers will take part in a variety of off-ice activities throughout the day including, but not limited to video analysis sessions, strength training demos, dry land conditioning, stick skills development, nutrition awareness talks, college option talks, goal setting sessions, chalk talks and much more.*

NOTE **Camp meeting is open to and optional for parent(s)/legal guardian(s). The camp meeting allows for the opportunity to meet the camp director and camp staff members and have questions answered.