



**ELITE HIGH SCHOOL ICE HOCKEY CAMP: JULY 8-11, 2018**

**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 ELITE HIGH SCHOOL ICE HOCKEY CAMP – “TENTATIVE” SCHEDULE**

**First Day, July 8**

|                       |   |
|-----------------------|---|
| 1:30 p.m. - 3:00 p.m. | Final Registration – Findlay Commons<br>** Hockey Equipment drop-off – Pegula Ice Arena, Gate A |
| 3:30                  | Camp meeting** - (Pegula Ice Arena)   |
| 4:30                  | <b>Dinner</b>   |
| 6:00                  | Instructional Session   |
| 10:30                 | In Dorm   |
| 11:00                 | Lights out  |

**Full Days (July 9-10)**

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

**Last Day, July 11**

|            |                                      |
|------------|--------------------------------------|
| 7:00 a.m.  | <b>Breakfast</b>                     |
| 8:00       | Instructional Session                |
| 11:30      | <b>Lunch</b>                         |
| 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.