



# SPORT CAMPS

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## ELITE ICE HOCKEY TEAM CAMP: JULY 29-31, 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 ICE HOCKEY TEAM CAMP – “TENTATIVE” SCHEDULE

### First Day, July 29

12:30 p.m. - 2:00 p.m.	Final Registration – 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

### Second Day, July 30

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 31

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.