



ELITE U15 ID CAMP

July 16-18, 2017

DATE/TIMES	TEAMS	ACTIVITY	LOCATION
Sunday, July 16th, 2017			
8:00 - 9:00 AM	All	U15 ID Camp Check-in <i>bring completed medical forms & equipment</i>	1965 Arena - Main Lobby
9:00 - 9:45 AM	All	Locker Room & Dorm Room Unpack	
9:45 - 10:00 AM	All - Parents Welcome	Opening Camp Meeting	1965 Arena - Section 13
10:30 - 11:45 AM	Silver & Gold	Dryland Cross-Training	Outdoors
10:30 - 11:30 AM	Black & White	On-ice Skills Session	1965 Arena
12:00 - 1:00 PM	All	Lunch	Frank Dining Hall
1:30 - 2:30 PM	Silver & Gold	On-ice Skills Session	1965 Arena
1:30 - 2:45 PM	Black & White	Dryland Cross-Training	Outdoors
3:00 - 3:30 PM	All - Parents Welcome	Preparing for College Hockey: "What you need to know from Coaches"	Love Auditorium, Olin Hall
3:30 - 3:45 PM		Break	
3:45 - 4:30 PM	All - Parents Welcome	Preparing for College Hockey: Leadership Conversation	Love Auditorium, Olin Hall
4:45 - 5:30 PM	All	Dinner	Frank Dining Hall
6:00 - 7:00 PM	Black vs. Silver	Small-Area Game Session	1965 Arena
7:15 - 8:15 PM	Gold vs. White	Small-Area Game Session	1965 Arena
8:30 - 9:30 PM	All - Parents Welcome	Ice Cream Social	1965 Arena - Main Lobby
<i>Day Camp Ends. Overnight Campers will return to dorm with counselors for remainder of the evening</i>			
Monday, July 17th, 2017			
7:15 - 8:00 AM	All Overnight Campers	Breakfast	Frank Dining Hall
8:45 - 9:30 AM	Goalies	Position Specific Skills Practice	1965 Arena
8:10 - 8:45 AM	Silver & Gold	Team Video Session	Locker Room
8:00 - 9:00 AM	Black & White	Team Strength and Conditioning Session	Varsity Weight Room
9:20 - 9:45 AM	Black & White	Team Video Session	Locker Room
9:00 - 10:00 AM	Silver & Gold	Team Strength & Conditioning	Varsity Weight Room
10:20 - 11:00 AM	All	Preparing for College Hockey: "What I Wish I Knew" Player's Perspective	Love Auditorium
11:10 - 11:45 PM	All	Preparing for College Hockey: "The High Performance Athlete"	Love Auditorium
12:00 - 1:00 PM	All	Lunch	Frank Dining Hall
1:15 - 2:15 PM	Forwards	Position Specific Skills Practice / Defense Downtime	1965 Arena
2:30 - 3:30 PM	Defense	Position Specific Skills Practice / Forwards Downtime	1965 Arena
3:45 PM - 5:00 PM	All - Parents Welcome	Campus Tour	1965 Arena - Main Lobby
5:00 - 6:00 PM	All	Dinner	Frank Dining Hall
6:30 - 7:30 PM	Black vs. White	Small-Area Game Session	1965 Arena
6:00-6:45 PM	Gold & Silver	Preparing for College Hockey: "Skills that Translate to the Next Level"	1965 Arena - Meeting Room
7:45 - 8:45 PM	Gold vs. Silver	Small-Area Game Session	
7:45 - 8:30 PM	Black & White	Preparing for College Hockey: "Skills that Translate to the Next Level"	1965 Arena - Meeting Room
<i>Day Camp Ends. Overnight Campers will return to dorm with counselors for remainder of the evening</i>			
Tuesday, July 18th, 2017			
7:15 - 8:00 AM	All Overnight Campers	Breakfast & Pack up Dorm Room	Frank Dining Hall
9:00 - 9:45 AM	Goalies	Position Specific Skills Practice	1965 Arena
10:00 - 10:45 AM	Forwards	Position Specific Skills Practice	1965 Arena
10:00 - 10:30 AM	Defense	Off Ice Video Session	Locker Room
11:00 - 11:45 AM	Defense	Position Specific Skills Practice	1965 Arena
11:15 - 11:45 AM	Forwards	Off Ice Video Session	Locker Room
12:00 - 1:00 PM	All	Lunch	Frank Dining Hall
1:30-2:30 PM	White vs. Silver	Game 1	1965 Arena
2:45-3:45 PM	Gold vs. Black	Game 2	1965 Arena

*U15 ID Camp Ends after Final Game
Return Dorm Room Keys to 1965 Arena, Main Lobby*