

Girls Ice Hockey Elite Camp | June 22-24, 2026

Day 1

Grey/Black		Orange/Sky Blue		White/Red	
8:00 AM	Check in	8:15 AM	Check in	8:30 AM	Check in
8:10 AM	Off-ice warm up	8:40 AM	Walk to workout	9:00 AM	Warm up
8:30-9:30 am	Skills	9-10am	Workout	9:45-10:45am	Skills
9:50 AM	Walk to workout	10:20 AM	Warm up/snack	11:10 AM	Walk to workout
10-11am	Workout	11-12pm	Skills	11:25-12:25pm	Workout
11:15-12:15 pm	Lunch	12:15 PM	Lunch	12:45 PM	Lunch
12:45pm-1:45 pm	Practice	1:30 PM	Off-ice warm up	2:45 PM	Off-ice warm up
2:00-3:30 pm	Break with parents	2pm-3pm	Practice	3:10-4:10pm	Practice
3:30 PM	Off-ice warm up	3:15-4:30pm	Break with parents	4:15-5:30pm	Break with parents
4:00-5:00pm	Game	4:30 PM	Off-ice warm up	5:50 PM	Off-ice warm up
		5:10-6:10pm	Game	6:20-7:20pm	Game

Day 2

Black/Sky Blue		Grey/Orange		White/Red	
8:00 AM	Check in	8:15 AM	Check in	8:30 AM	Check in
8:10 AM	Off-ice warm up	8:40-9:40am	Campus Tour	9:00 AM	Warm up
8:30-9:30am	Skills	9:45 AM	Snack	9:45-10:45am	Skills
9:50-10:50am	Campus Tour	10:30 AM	Off-ice warm up	11:10-12:10pm	Campus Tour
11:15-12:15pm	Lunch	11-12pm	Skills	12:30 PM	Lunch
12:20 PM	Off-ice warm up	12:15 PM	Lunch	1:30-2:30	Team building
12:45-1:45pm	Practice	1:30 PM	Off-ice warm up	2:45 PM	Off-ice warm up
1:50pm-3:20pm	Break with parents	2-3pm	Practice	3:10-4:10pm	Practice
3:30 PM	Off-ice warm up	3:05-4:15	Break with parents	4:20-5:45pm	Break with parents
4pm-5pm	Game	4:30 PM	Off-ice warm up	5:50 PM	Off-ice warm up
		5:10-6:10pm	Game	6:20-7:20pm	Game

Day 3

Grey/Black		Orange/White		Sky Blue/Red	
8:00 AM	Check in	9:00 AM	Check in	10:00 AM	Check in
8:10 AM	Off-ice warm up	9:15 AM	Off-ice warm up	10:10 AM	Off-ice warm up
8:30-9:20am	Practice	9:35-10:25am	Practice	10:40-11:30am	Practice
9:50-10:50am	Team Building	11:10 AM	Lunch	11:45 AM	Lunch
11-11:30am	Lunch	12:30 PM	Off-ice warm up	12:15-1:15pm	Sports psych
11:40 AM	Off-ice warm up	1:10-2:10pm	Game	1:45 PM	Off-ice warm up
12:00-1:00pm	Game	2:15-3:15pm	Sports psych	2:25-3:15pm	Game
1:15-2:15pm	Sports psych				