## SUNDAY CHECK-IN

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00-3:00pm</td>
<td>Registration at Munn</td>
</tr>
<tr>
<td>2:30-4:00pm</td>
<td>Check in to Residence Hall</td>
</tr>
<tr>
<td>4:00-5:00pm</td>
<td>Dinner at Residence Hall</td>
</tr>
<tr>
<td>5:30-6:00pm</td>
<td>Parent/Player Meeting in stands of Munn</td>
</tr>
</tbody>
</table>

## CAMP SCHEDULE

### Group A - Sunday
- **6:00-6:50pm**: Ice
- **7:10-7:25pm**: Stretch & Cooldown
- **7:25-8:00pm**: Off Ice Games
- **8:00pm**: Back to Dorms/Commuter Pickup

### Group B - Sunday
- **6:00-6:30pm**: Intro/Warmup
- **7:00-7:50pm**: Ice
- **8:10pm**: Back to Dorms/Commuter Pickup

### Group C - Sunday
- **6:00-7:15pm**: Intro/Off Ice Instruction
- **7:15-7:30pm**: Off Ice Instruction
- **8:00-8:50pm**: Ice

### Group A - Mon to Wed
- **7:30am**: Wakeup
- **7:45am**: Wakeup
- **8:15am**: Commuter Drop Off
- **8:25-8:35am**: Warmup
- **9:00-10:00am**: Ice
- **10:20-11:20am**: Fitness Training
- **11:30-12:15pm**: Lunch
- **11:35-12:15pm**: Psych/Nutrition
- **1:15-1:30pm**: Warmup
- **2:00-3:00pm**: Ice
- **2:45-3:00pm**: Video/Habits
- **3:20-4:00pm**: Video/Habits
- **4:30-5:00pm**: Dinner
- **5:45-6:35pm**: Scrimmage
- **6:45-7:30pm**: Off Ice Instruction
- **7:30pm**: Commuters to Munn
- **7:45pm**: Commuter Pickup @ Munn

### Group B - Mon to Wed
- **7:45am**: Wakeup
- **8:00-8:30am**: Breakfast
- **8:30am**: Commuter Drop Off
- **8:45-9:15am**: Walk to Munn
- **9:00-9:45am**: Off Ice Instruction
- **9:45-10:45am**: Fitness Training
- **10:10-11:10am**: Off Ice @ Munn Field
- **11:00-12:00pm**: Assigned to Groups
- **12:30-1:30pm**: Off Ice Instruction
- **1:30-2:30pm**: Off Ice Instruction
- **2:15-2:30pm**: Warmup
- **3:10-4:10pm**: Ice
- **4:30-5:00pm**: Dinner
- **5:15-5:45pm**: Dinner
- **6:45-7:35pm**: Scrimmage
- **7:45pm**: Residents to Dorms
- **7:45pm**: Commuter Pickup @ Munn

### Group C - Mon to Wed
- **7:45am**: Wakeup
- **8:00-8:30am**: Breakfast
- **8:30am**: Commuter Drop Off
- **8:45-9:45am**: Fitness Training
- **9:45-10:45am**: Psych/Nutrition
- **10:10-11:10am**: Ice
- **11:20-12:20pm**: Ice
- **12:40-1:10pm**: Lunch
- **1:30-2:30pm**: Off Ice Instruction
- **2:45-3:30pm**: Video/Habits
- **3:30-3:45pm**: Warmup
- **4:20-5:20pm**: Ice
- **5:45-6:30pm**: Dinner
- **6:45-7:00pm**: Warmup
- **7:45-8:35pm**: Scrimmage
- **8:45pm**: Residents to Dorms
- **8:45pm**: Commuter Pickup @ Munn

### Thursday All Star Games
- **2:00-3:00pm**: All Star Game
- **3:00-4:00pm**: All Star Game
- **4:00-5:00pm**: All Star Game

Check Out: At Holden Hall immediately after game. **Early checkout: Meet camper during lunch break at Holden Hall**

### Goalies
- **7:00-7:15am**: Breakfast
- **7:15-7:30am**: Walk to Munn
- **8:00-8:50am**: Ice

### Class Areas
- **9:15am**: Video/Classroom
- **9:30-10:30am**: Off Ice Instruction
- **11:00-12:00pm**: Assigned to Groups

- **Ice @ Munn Ice Arena**
- **Video/Psych/Nutrition - Varsity Locker Room**
- **Off Ice @ Munn Field**