



# MICHIGAN STATE HOCKEY CAMP 2018

Spartan Hockey Office: 517-355-1639

Residence Hall: Holden Hall

## SUNDAY CHECK-IN

2:00-3:00pm	Registration at Munn	4:00-5:00pm	Dinner at Residence Hall
2:30-4:00pm	Check in to Residence Hall	5:30-6:00pm	Parent/Player Meeting in stands of Munn

## CAMP SCHEDULE

Group A - Sunday		Group B - Sunday		Group C - Sunday	
6:00-6:50pm	Ice	6:00-6:30pm	Intro / Warmup	6:00-7:15pm	Intro / Off Ice Instruction
7:10-7:25pm	Stretch & Cooldown	7:00-7:50pm	Ice	7:15-7:30pm	Off Ice Instruction
7:25-8:00pm	Off Ice Games	8:10pm	Back to Dorms / Commuter Pickup	8:00-8:50pm	Ice
8:00pm	Back to Dorms/ Commuter Pickup			9:10pm	Back to Dorms/ Commuter Pickup
Group A - Mon to Wed		Group B - Mon to Wed		Group C - Mon to Wed	
7:30am	Wakeup	7:45am	Wakeup	7:45am	Wakeup
7:45-8:15am	Breakfast	8-8:30am	Breakfast	8:00-8:30am	Breakfast
8:15am	Commuter Drop Off	8:30am	Commuter Drop Off	8:30am	Commuter Drop Off
8:15-8:25am	Walk to Munn	8:30-8:45am	Walk to Munn	8:30-8:45am	Walk to Munn
8:25-8:35am	Warmup	8:45-9:40am	Off Ice Instruction	8:45-9:45am	Fitness Training
9:00-10:00am	Ice	10:10-11:10am	Ice	9:45-10:45am	Psych/Nutrition
10:20-11:20am	Fitness Training	11:30-12:15pm	Lunch	11:20-12:20p	Ice
11:35-12:15pm	Lunch	12:30-1:30pm	Fitness Training	12:40-1:10pm	Lunch
12:30-1:15pm	Psych/Nutrition	1:30-2:15pm	Psych/Nutrition	1:30-2:30pm	Off Ice Instruction
1:15-1:30pm	Warmup	2:15-2:30pm	Warmup	2:45-3:30pm	Video / Habits
2:00-3:00pm	Ice	3:10-4:10pm	Ice	3:30-3:45pm	Warmup
3:20-4:00pm	Video / Habits	4:30-5:00pm	Video/Habits	4:20-5:20pm	Ice
4:30-5:00pm	Dinner	5:15-5:45pm	Dinner	5:45-6:30pm	Dinner
5:45-6:35pm	Scrimmage	6:45-7:35pm	Scrimmage	6:45-7:00pm	Warmup
6:45-7:30pm	Off Ice Instruction	7:45pm	Residents to Dorms	7:45-8:35pm	Scrimmage
7:30pm	Commuters to Munn	7:45pm	Commuter Pickup @ Munn	8:45pm	Residents to Dorms
7:45pm	Commuter Pickup @ Munn			8:45pm	Commuter Pickup @ Munn

### Thursday All Star Games - follow regular schedule until game time

2:00-3:00p	All Star Game	3:00-4:00p	All Star Game	4:00-5:00p	All Star Game
------------	---------------	------------	---------------	------------	---------------

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

Goalies			Class Areas		
7:00-7:15am	Breakfast	9:15am	Video/Classroom	Ice @ Munn Ice Arena	
7:15-7:30am	Walk to Munn	9:30-10:30a	Off Ice Instruction	Video/Psych/Nutrition - Varsity Locker Room	
8:00-8:50am	Ice	11:00-12:00p	Assigned to Groups	Off Ice @ Munn Field	