



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
4:00-4:45pm	Off Ice Instruction	5:15-5:45pm	Dinner	5:45-6:30pm	Dinner
4:45-5:00pm	Warmup	6:30-7:20pm	Scrimmage	6:45-7:00pm	Warmup
5:30-6:20pm	Scrimmage	7:45pm	Residents to Holden &	7:30-8:20pm	Scrimmage
6:45-7:30pm	Dinner		Evening Events	8:45pm	Back to Dorms
7:30pm	Commuters to Munn	7:45pm	Commuter Pickup @ Munn	8:45pm	Commuter Pickup @ Munn
7:45pm	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
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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
7:15-7:30am	Walk to Munn	9:30-10:30a	Off Ice Instruction
8:00-8:50am	Ice	11:00-12:00p	Assigned to Groups
		Ice @ Munn Ice Arena	
		Video/Psych/Nutrition - Varsity Locker Room	
		Off Ice @ Munn Field	