



2024

Peak Performance Hockey Camps Day Camp Schedules



Group I (Younger Kids)		Group II (Older Kids)	
Time	Event	Time	Event
7:30-8:00am	Arrival Time	7:30-8:30am	Arrival Time
8:30-9:45am	On-Ice Training	8:30-9:30am	Circuit Training / Classroom / Video
10:00-10:30am	Team Time	10:00-11:15am	On-Ice Training
10:30-11:30am	Circuit Training / Classroom / Video	11:30-12:00pm	Team Time
11:30-12:00pm	Lunch	12:00-12:30pm	Lunch
12:30-1:45pm	On-Ice Training	12:45-1:45pm	Power Shooting / Stickhandling
2:15-3:15pm	Power Shooting / Stickhandling	2:00-3:15pm	On-Ice Training
3:30-4:30pm	Depart Time / Optional Activities	3:30-4:30pm	Depart Time / Optional Activities
4:30pm	Camp Ends	4:30pm	Camp Ends

- ☆ **PPHC will be at Graham Arena at 7:30am and stay until 4:30pm each day for extended supervision of the kids.**
- ☆ **Kids will be in one group with three age groups in that setting.**
- ☆ **The dismissal time is noted above and kids can be picked up at the time posted of 3:15pm or anytime up to 4:30pm.**
- ☆ **Kids should bring athletic shoes, shirt, and shorts for off-ice training.**
- ☆ **Lunch is not provided. All kids should bring a bag lunch and a beverage. We do have a refrigerator available.**
- ☆ **Kids will be allowed to leave their hockey equipment in Graham Arena Two for the entire week if they want to.**
- ☆ **Kids should bring a water bottle to all training sessions to stay hydrated.**
- ☆ **It's required that all kids in camp check-in upon arrival and checkout at departure.**
- ☆ **All kids need to stay with the group at all times.**
- ☆ **Hockey Camp is a blast ... let's follow the common sense rules and have a lot of fun this week!**

