



# Game Day Sports Camp Schedule

## Typical Daily Schedule



- ☆ 7:30am – 8:30am      Arrival Time  
                                 Activities / Game Play in Graham Arena Two
- ☆ 8:30am – 9:00am      Morning Stretch / Lite Fitness Routine
- ☆ 9:30am – 10:30am      On-Ice Hockey Training
- ☆ 11:00am – 12:00pm      Game Challenge! Graham Arena Two
- ☆ 12:00pm – 12:30pm      Lunch Time (provided by camp or bring from home – see menu below \*)
- ☆ 12:30pm – 1:30pm      Hockey Skills Training in Graham Arena Two (Power Shooting/Stickhandling)
- ☆ 2:00pm – 3:00pm      On-Ice Hockey Training
- ☆ 3:30pm – 5:00pm      Depart Time  
                                 Game Challenge Period:   Dodgeball   Hockey Skills Contests  
                                                                   Soccer        Football  
                                                                   Kickball      Ball Hockey



\* Weekly lunch menu provided by the camp (option to bring your own lunch from home)

Monday	Jimmy Johns Subs, Chips, Cookie, Drink
Tuesday	Pizza Slices, Chips, Rice Crispy Bars, Drink
Wednesday	Jimmy Johns Subs, Chips, Cookie, Drink
Thursday	Pizza Slices, Chips, Rice Crispy Bars, Drink
Friday	Hamburger and Hotdog Cookout, Chips, Cookies, Drink

- ☆ Camp Contact:    Katie Montrose    507-250-7660
- ☆ Camp Contact:    Bob Montrose     507-358-8991
- ☆ Graham Arena Phone Number    507-327-8420



### IMPORTANT NOTES!

1. You must sign in upon arrival
2. You must sign out at departure
3. You must pre-arrange your lunch meal plans (you want lunch provided or you will bring your own)
4. Hockey equipment can be left overnight in Graham Arena Two in the designated drying area



*"Keeping Kids Active Through Sport"*