



Spencer Meier Hockey Camp

Sartell, MN // August 8 – 11, 2022

SQUIRT SCHEDULE

MONDAY, AUGUST 8, 2022	
8:45 AM – 9:15 AM	Player Check-In
9:15 AM – 10:00 AM	Team Building Activity
10:15 AM – 11:15 AM	On-Ice Skill Development
11:30 AM – 12:15 PM	Off-Ice Competition
12:15 PM – 12:45 PM	Lunch
12:45 PM – 1:30 PM	Shooting & Stickhandling
2:00 PM – 3:00 PM	On-Ice Games
3:30 PM – 4:15 PM	Relay Race
4:15 PM – 4:30 PM	Player Pick-Up

TUESDAY, AUGUST 9, 2022	
8:45 AM – 9:15 AM	Player Check-In
9:15 AM – 10:00 AM	Dynamic Warm-Up
10:15 AM – 11:15 AM	On-Ice Skill Development
11:45 AM – 12:30 PM	Mental Health Presentation
12:30 PM – 1:00 PM	Lunch
1:00 PM – 1:45 PM	Dryland Training
2:00 PM – 3:00 PM	On-Ice Games
3:15 PM – 4:15 PM	Off-Ice Competitions
4:15 PM – 4:30 PM	Player Pick-Up

WEDNESDAY, AUGUST 10, 2022	
8:45 AM – 9:15 AM	Player Check-In
9:15 AM – 10:00 AM	Dynamic Warm-Up
10:15 AM – 11:15 AM	On-Ice Skill Development
11:30 AM – 12:15 PM	Dryland Training
12:15 PM – 12:45 PM	Lunch
12:45 PM – 1:45 PM	Off-Ice Competitions
2:00 PM – 3:00 PM	On-Ice Games
3:15 PM – 4:00 PM	Shooting & Stickhandling
4:15 PM – 4:30 PM	Player Pick-Up

THURSDAY, AUGUST 11, 2022	
8:45 AM – 9:15 AM	Player Check-In
9:15 AM – 10:00 AM	Dynamic Warm-Up
10:15 AM – 11:15 AM	On-Ice Skill Development
11:30 AM – 12:15 PM	Off-Ice Skills Competition
12:15 PM – 12:45 PM	Lunch
1:00 PM – 1:45 PM	Dryland Training
2:00 PM – 3:00 PM	On-Ice Games
3:15 PM – 3:45 PM	Q&A with Division 1 Players
3:45 PM – 4:15 PM	Awards & Autographs
4:15 PM – 4:30 PM	Player Pick-Up

*Schedule is subject to change. Visit www.SpencerMeierHockey.com for updates.