



# Spencer Meier Hockey Camp

Sartell, MN // August 8 – 11, 2022

## PEE WEE SCHEDULE

MONDAY, AUGUST 8, 2022	
9:15 AM – 9:45 AM	Player Check-In
9:45 AM – 10:30 AM	Team Building Activity
10:30 AM -11:15 AM	Dynamic Warm-Up
11:30 AM – 12:30 PM	On-Ice Skill Development
12:45 PM – 1:15 PM	Lunch
1:30 PM – 2:15 PM	Shooting & Stickhandling
2:15 PM – 3:00 PM	Relay Race
3:15 PM – 4:45 PM	On-Ice Skills & Games
5:00 PM	Player Pick-Up

TUESDAY, AUGUST 9, 2022	
9:15 AM – 9:45 AM	Player Check-In
9:45 AM – 10:30 AM	Dynamic Warm-Up
10:30 AM – 11:15 AM	Dryland Training
11:30 AM – 12:30 PM	On-Ice Skill Development
12:45 PM – 1:15 PM	Lunch
1:15 PM – 2:00 PM	Mental Health Presentation
2:00 PM – 3:00 PM	Off-Ice Competitions
3:15 PM – 4:45 PM	On-Ice Skills & Games
5:00 PM	Player Pick-Up

WEDNESDAY, AUGUST 10, 2022	
9:15 AM – 9:45 AM	Player Check-In
9:45 AM – 10:30 AM	Dynamic Warm-Up
10:30 AM – 11:15 AM	Dryland Training
11:30 AM – 12:30 PM	On-Ice Skill Development
12:45 PM – 1:15 PM	Lunch
1:15 PM – 2:00 PM	Shooting & Stickhandling
2:00 PM – 3:00 PM	Off-Ice Competitions
3:15 PM – 4:45 PM	On-Ice Skills & Games
5:00 PM	Player Pick-Up

THURSDAY, AUGUST 11, 2022	
9:15 AM – 9:45 AM	Player Check-In
9:45 AM – 10:30 AM	Dynamic Warm-Up
10:30 AM – 11:15 AM	Off-Ice Skills Competition
11:30 AM – 12:30 PM	On-Ice Skill Development
12:45 PM – 1:15 PM	Lunch
1:15 PM – 1:45 PM	Q&A with Division 1 Players
2:00 PM – 2:45 PM	Dryland Training
3:15 PM – 4:45 PM	On-Ice Skills & Games
5:00 PM	Awards & Autographs
5:15 PM	Player Pick-Up

\*Schedule is subject to change. Visit [www.SpencerMeierHockey.com](http://www.SpencerMeierHockey.com) for updates.