



Spencer Meier Hockey Camp

SCHEELS ATHLETIC COMPLEX // August 5 – August 8, 2024

SQUIRT SCHEDULE

MONDAY, AUGUST 5, 2024	
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	Outdoor Games
12:15 PM – 12:45 PM	Lunch
12:45 PM – 1:30 PM	Shooting & Stick Handling
2:00 PM – 3:00 PM	On-Ice Skills & Competitions
3:30 PM – 4:15 PM	Off-Ice Competitions
4:15 PM – 4:30	Player Pick-Up

TUESDAY, AUGUST 6, 2024	
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
12:15 PM – 12:45 PM	Lunch
12:45 PM – 1:45 PM	Outdoor Games
2:00 PM – 3:00 PM	On-Ice Skills & Competitions
3:15 PM – 4:00 PM	Shooting & Stick Handling
4:15 PM – 4:30	Player Pick-Up

WEDNESDAY, AUGUST 7, 2024	
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
12:15 PM – 1:45 PM	Lunch & Field Trip
2:00 PM – 3:00 PM	On-Ice Skills & Competitions
3:15 PM – 4:15 PM	Outdoor Games
4:15 PM – 4:30 PM	Player Pick-UP

THURSDAY, AUGUST 8, 2024	
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
11:15 AM – 11:45 AM	Lunch
11:45 AM – 12:30 PM	Classroom Session
12:30 PM – 3:00 PM	Off-Ice Skills Competitions
1:00 PM – 1:45 PM	Dryland Training
2:00 PM – 3:00 PM	On-Ice Skills & Competitions
3:15 PM – 3:45 PM	Division 1 Player Q&A
3:45 PM – 4:15 PM	Awards & Autograph Signing
4:15 PM – 4:30 PM	Player Pick-Up

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