



DAY CAMP
ITINERARY SAMPLE



PRO AMBITIONS HOCKEY
2022 SUMMER BATTLE CAMP
DAY CAMP ITINERARY SAMPLE



MONDAY

8:00am- Check-in

8:15-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

9:00-11:00am- **ON ICE SESSION**

11:00-11:20am- Locker room

11:20-12:00pm- Off Ice Training

12:00-12:30pm- Lunch

12:30-1:00pm- Locker room

1:00-3:00pm- **ON ICE SESSION**

3:00-3:20pm- Locker room

3:20-4:00pm- Individual and Team

Building Training

4:00pm-4:30pm- Check out