

2015-2018 Camp Itinerary



Monday, July 21st, 2025

- **7:30 AM** – Arrival at PASA for sign-up and T-shirt distribution.
 - **7:45 AM - 8:00 AM** – Dynamic warm-up with coaches.
 - **8:15 AM - 9:15 AM – 1st Ice Session:**
 - Power skating and skating efficiency.
 - Small group skill drills covering all aspects of hockey.
 - **9:30 AM - 9:45 AM** – Snack break.
 - **9:50 AM - 10:25 AM** – Dryland training/off-ice games.
 - **10:30 AM - 11:00 AM** – Lunch break.
 - **11:15 AM - 12:15 PM – 2nd Ice Session:**
 - High-paced conditioning drills.
 - Competitive challenges between Team Purple and Team White.
 - **12:30 PM** – Pick-up.
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Tuesday, July 22nd, 2025

- **7:45 AM** – Arrival at PASA.
- **7:45 AM - 8:00 AM** – Dynamic warm-up with coaches.
- **8:15 AM - 9:15 AM – 1st Ice Session:**
 - Power skating and skating efficiency.
 - Small group skill drills covering all aspects of hockey.
- **9:30 AM - 9:45 AM** – Snack break.
- **9:50 AM - 10:25 AM** – Dryland training/off-ice games.
- **10:30 AM - 11:00 AM** – Lunch break.
- **11:15 AM - 12:15 PM – 2nd Ice Session:**
 - High-paced conditioning drills.
 - Competitive challenges between Team Purple and Team White.
- **12:30 PM** – Pick-up.

2015-2018 Camp Itinerary



Wednesday, July 23rd, 2025

- **7:45 AM** – Arrival at PASA.
 - **7:45 AM - 8:00 AM** – Dynamic warm-up with coaches.
 - **8:15 AM - 9:15 AM – 1st Ice Session:**
 - Power skating and skating efficiency.
 - Small group skill drills covering all aspects of hockey.
 - **9:30 AM - 9:45 AM** – Snack break.
 - **9:50 AM - 10:25 AM** – Dryland training/off-ice games.
 - **10:30 AM - 11:00 AM** – Lunch break.
 - **11:15 AM - 12:15 PM – 2nd Ice Session:**
 - High-paced conditioning drills.
 - Competitive challenges between Team Purple and Team White.
 - **12:30 PM** – Pick-up.
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Thursday, July 24th, 2025

- **7:30 AM** – Arrival at PASA.
- **7:45 AM - 8:00 AM** – Dynamic warm-up with coaches.
- **8:15 AM - 9:15 AM – 1st Ice Session:**
 - First half: Junior-style morning skate.
 - Second half: Purple vs. White competition – Earn points for the **Spro Skills Trophy**.
- **9:15 AM - 9:30 AM** – Snack break (bring a big snack).
- **9:30 AM - 10:15 AM** – Fitness testing (Team Purple vs. Team White).
- **10:15 AM - 10:45 AM** – Snack and break.
- **11:15 AM - 12:15 PM – 2nd Ice Session:**
 - Final game between Team Purple and Team White to determine the **Spro Skills Trophy** winner.
- **12:15 PM - 12:50 PM** – Pizza lunch (provided).
- **12:45 PM** – Pick-up.