



FRYKLUND HOCKEY

HIBBING CAMP SCHEDULE

TUESDAY JUNE 16-FRIDAY JUNE 19, 2026



Time	U8/U10/U12	Time	13+/HS
7:30 am	ARRIVE	7:25 am	ARRIVE
7:45-8:45 am	ON ICE	7:30-8:30 am	CLASSROOM
8:45-9:15 am	ON-ICE SKILLS	8:30-9:30 am	OFF-ICE SKILLS
9:30 -10:30 am	CLASSROOM	9:45 -10:45 am	ON ICE
10:45-11:45 am	OFF-ICE SKILLS	10:45 -11:15 am	ON-ICE SKILLS
11:45 am	DEPART	11:30 am	DEPART

<p>CLASSROOM:</p> <ul style="list-style-type: none"> • Women’s Hockey opportunities • College Coach Panel • College Player Panel • Leadership Development • Team Building Activities • Mental Performance • Video Sessions 	<p>OFF-ICE SKILLS:</p> <ul style="list-style-type: none"> • Stickhandling • Strength Training • Warm up/Cool Down • Team Games <p>ON-ICE SKILLS:</p> <ul style="list-style-type: none"> • Stickhandling • Shooting • Passing 	<p>ICE:</p> <ul style="list-style-type: none"> • Skating • Puck Handling • Puck Protection • Competition • Shooting • Passing • Small Area Games • Individual Skills
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