



# FRYKLUND HOCKEY

## GRAND RAPIDS CAMP SCHEDULE

### MONDAY JULY 28-THURSDAY JULY 31, 2025



Time	U8/U10/U12	Time	13+/HS
7:30 am	ARRIVE	7:30 am	ARRIVE
7:45-8:45 am	ON ICE	7:45-8:45 am	CLASSROOM
8:45-9:15 am	ON-ICE SKILLS	8:45-9:45 am	OFF-ICE SKILLS
9:30 -10:30 am	CLASSROOM	10:00 -11:00 am	ON ICE
10:45-11:45 am	OFF-ICE SKILLS	11:00-11:30 am	ON-ICE SKILLS
11:45 am	DEPART	11:45 am	DEPART

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