



FRYKLUND HOCKEY

HIBBING CAMP SCHEDULE

MONDAY JUNE 16-THURSDAY JUNE 19, 2025



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

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