



FRYKLUND HOCKEY

GRAND RAPIDS CAMP SCHEDULE

TUESDAY JULY 7 - FRIDAY JULY 10, 2026



Time	U8/U10/U12	Time	13+/HS
7:30 am	ARRIVE	7:30 am	ARRIVE
7:50-8:50 am	ON ICE	7:45-8:45 am	CLASSROOM
8:50-9:20 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
10:30-11:30 am	OFF-ICE SKILLS	11:00-11:30 am	ON-ICE SKILLS
11:45 am	DEPART	11:45 am	DEPART

CLASSROOM: • Women's Hockey opportunities • College Coach Panel • College Player Panel • Leadership Development • Team Building Activities • Mental Performance Skills	OFF-ICE SKILLS: • Stickhandling • Strength Training • Warm up/Cool Down • Team Games ON-ICE SKILLS: • Stickhandling • Shooting • Passing	ICE: • Skating • Puck Handling • Puck Protection • Competition • Shooting • Passing • Small Area Games • Individual Skills
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