

2012 Amherst, NY Camp Itinerary

~ 2006 – 2003 Birth Years

***** The following is the camp itinerary for the full week of the camp *****

10:00 – 10:30 AM – Sign in and Jersey Presentation (1st Day)

10:30 – 11:30 AM – Nutritional Discussion/Fitness Exercise

11:30 – 12:00 PM – Locker Room – Get Dressed

12:00 – 1:30 PM – On Ice Instruction

1:30 – 2:15 PM – Lunch (Not Included) & Video

2:15 – 3:00 PM - Outdoor Team Game

3:00 – Player Pick-up

