

**2023 USA HOCKEY GIRLS U18 SELECT PLAYER DEVELOPMENT CAMP
JULY 16– 22, 2023
MIAMI UNIVERSITY GOGGIN ICE CENTER (OXFORD, OH)**

TEAMS

Gold, Red, White, Blue

Daily Camp Schedule

- Day 1** – Arrival, Testing, All Camp Meeting, Individual Team Meetings
- Day 2** – Practice, Mental Performance, Physiological Performance, Video Session, Game
- Day 3** – Practice, Mental Performance, Video Session, Game
- Day 4** – Strength & Conditioning, Practice, Mental Performance, Physiological Performance
- Day 5** – Nutrition & Physiological Performance, Video, Game, All Camp Meeting
- Day 6** – Goalie Meeting, Mental Performance, Video, Game, Individual Meetings
- Day 7** – All Camp Challenge, All Camp Meeting & Departure

DAY 1: Sunday, July 16

2:00 pm – 5:00 pm	Arrival and Check-In (Rink then Dormitory)
4:30 pm – 5:15 pm	Parent Meeting (Goggin Ice Center & Zoom)

DAY 2: Monday, July 17

9:15 AM – 10:15 AM	Gold/Blue	Practice #1	Rink A
10:30 AM – 11:30 AM	Red/White	Practice #1	Rink A
4:30 PM – 6:30 PM	Gold v. Blue	Game #1	Rink A
6:45 PM – 8:45 PM	Red v. White	Game #1	Rink A

DAY 3: Tuesday, July 18:

10:00 AM – 11:00 AM	All Forwards	Practice #2	Rink A
10:00 AM – 11:00 AM	All Defense and All Goalies	Practice #2	Rink B
4:30 PM – 6:30 PM	Blue v. White	Game #2	Rink A
6:45 PM – 8:45 PM	Red v. Gold	Game #2	Rink A

DAY 4: Wednesday, July 19

10:45 AM – 12:00 PM	Blue	Practice #3	Rink A
1:30 PM – 2:45 PM	Gold	Practice #3	Rink A
3:00 PM – 4:15 PM	Red	Practice #3	Rink A
4:30 PM – 5:45 PM	White	Practice #3	Rink A

DAY 5: Thursday, July 20

10:15 AM – 11:00 AM	All Goalies	Goalie Practice	Rink A
1:45 PM – 3:45 PM	Blue v. Red	Game #3	Rink A
4:00 PM – 6:00 PM	White v. Gold	Game #3	Rink A

DAY 6: Friday, July 21

1:45 PM – 3:45 PM	Bronze Medal Game (#3 v. #4)	Game #4	Rink A
4:00 PM – 6:00 PM	Gold Medal Game (#1 v. #2)	Game #4	Rink A

DAY 6: Saturday, July 22

9:45 AM – 10:45 AM	All Camp Challenge
11:00 AM – 11:15 AM	All Camp Meeting