



BERKSHIRE SCHOOL - Sheffield, MA

THE ULTIMATE HOCKEY CAMP



Session #1 July 7-13, 2019
Session #2 July 13-19, 2019



2019 Camp Schedule

NOTE: Activities may be added, cancelled or re-scheduled as deemed necessary by Planet Hockey Staff

Session #1 | RED GROUP | July 7-13, 2019 | STX Super Camp

v.2

July 7 SUNDAY Day 1	July 8 MONDAY Day 2	July 9 TUESDAY Day 3	July 10 WEDNESDAY Day 4	July 11 THURSDAY Day 5	July 12 FRIDAY Day 6	July 13 SATURDAY Day 7
ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
2:00-2:30 Check-in (Rink)	7:30am Wake up	7:30am Wake up	7:30am Wake up	6:15am Wake up	7:30am Wake up	7:15am Wake up
2:30-3:00 Orientation	8:00-8:30 Breakfast	8:00-8:30 Breakfast	8:00-8:30 Breakfast	7:15-8:30 ICE #8	8:00-8:30 Breakfast	7:30-8:00 Clean/Move out
3:45-4:45 ICE #1	9:00-9:45 Off Ice Stick Skills	9:00-9:45 Off Ice Stick Skills	9:00-9:45 Off Ice Stick Skills	8:30-9:00 Breakfast	9:00-9:45 Off Ice Stick Skills	8:15-9:00 Breakfast
5:15-6:00 Dorm move-in	10:00-10:45 Dryland Training	10:00-10:45 Dryland Training	10:00-10:45 Dryland Training	9:15-11:00 Team Skills	10:00-10:45 Dryland Training	9:45-10:45 ICE #12 'PH CUP'
6:00-6:45 Dinner	11:00-11:25 Pre-skate meeting	11:00-11:25 Pre-skate meeting	11:00-11:25 Pre-skate meeting	11:15-11:45 Classroom	11:00-11:25 Pre-skate meeting	ICE #12 'PH CUP' Final Game
7:00-7:30 Team Meeting	11:30-12:00 Lunch	11:30-12:00 Lunch	11:30-12:00 Lunch	12:00-12:45 Lunch	11:30-12:00 Lunch	11:15-11:45 Closing
Camp Security	12:45-2:15 ICE #2	12:45-2:15 ICE #4	12:45-2:15 ICE #6	1:00-1:30 Off Ice Stick Skills	12:45-2:15 ICE #10	11:45 Check-out (Rink)
Safety Rules	2:30-4:00 ICE #3	2:30-4:00 ICE #5	2:30-4:00 ICE #7	1:30-1:45 Pre-skate meeting	2:30-4:00 ICE #11	
7:30-9:15 Team Skills	4:30-5:00 Classroom	4:30-5:00 Classroom	4:30-5:00 Classroom	2:30-4:00 ICE #9	4:30-5:00 Classroom	
10:00pm Lights Out	5:15-6:00 Team Skills	5:15-6:00 Team Skills	5:15-6:00 Team Skills	4:30-5:15 Dryland Training	5:15-6:00 Team Skills	
	6:15-7:00 Dinner	6:15-7:00 Dinner	6:15-7:00 Dinner	6:15-7:00 Dinner	6:15-7:00 Dinner	
	7:00 Evening Activity	7:00-8:45 Evening Activity	7:00 Evening Activity	7:15-8:45 Q&A Session	7:00 Evening Activity	
	8:15-9:15 Hockey Night in Berkshire	9:30 In Dorms	8:00-9:00 Students vs. Coaches' Game	with NHL players	8:15-9:15 Hockey Night in Berkshire	
	NHL Game #1	10:15pm Lights Out	'Battle at Berkshire'	9:30 In Dorms	NHL Game #2	
	10:15pm Lights Out		10:15pm Lights Out	10:15pm Lights Out	10:15pm Lights Out	

PROGRAM DETAILS

Team Skills - Floor Hockey, Shooting Competitions, Stickhandling, Speedball, Dodgeball, Soccer, Basketball, Ultimate Frisbee, Hiking, Team Building

Off Ice Stick Skills - Stickhandling, Shooting instruction, Goaltending Training

Evening Activity - Gym Activities, Movie Night, Guest Speaker, Hockey Concepts, Team Meeting, Game Night, Trivia

Hockey Night in Berkshire NHL Game - optional add-on game with/against current NHL players

Battle at Berkshire' Student vs. Coaches Game - optional add-on game vs. Planet Hockey Coaches