

**2022 USA HOCKEY GIRLS U18 SELECT PLAYER DEVELOPMENT CAMP**  
**JULY 15 – 21, 2022**  
**ST. CLOUD STATE UNIVERSITY**

**TEAMS**

Gold, Red, White, Blue

**Daily Camp Schedule**

**Day 1** – Arrival, Testing, All Camp Meeting, Individual Team Meetings

**Day 2** – Mobility Session, Practice, Chalk Talk, Game, Joint Activity with Girls 15 Camp

**Day 3** – Game, Stickhandling, Mental Skills, Goalie Practice

**Day 4** – Mobility Session, Strength & Conditioning, Practice, Mental Skills, All Camp Meeting & Video Session

**Day 5** – Mobility session, Game, Strength & Conditioning & Nutrition Seminar, Mental Skills, Practice

**Day 6** – Goalie Practice, All Camp Challenge, Game

**Day 7** – All Camp Meeting & Departure

**DAY 1: Friday, July 15**

2:00 pm – 5:00 pm	Arrival and Check-In (Rink & Shoemaker Hall)
4:00 pm – 4:30 pm	Parent Meeting (Husky Den – Rink)

**DAY 2: Saturday, July 16**

9:15 AM – 10:15 AM	Gold/Blue	Practice #1	Rink 1
10:30 AM – 11:30 AM	Red/White	Practice #1	Rink 1
4:00 PM – 5:30 PM	Gold v. Blue	Game #1	Rink 1
5:45 PM – 7:15 PM	Red v. White	Game #1	Rink 1

**DAY 3: Sunday, July 17**

1:00 PM – 2:30 PM	Blue v. White	Game #2	Rink 1
2:45 PM – 4:15 PM	Red v. Gold	Game #2	Rink 1
7:00 PM – 8:00 PM	Goalie Practice (All Goalies)	Goalie Practice	Rink 1

**DAY 4: Monday, July 18**

11:00 AM – 12:30 PM	Red	Practice #2	Rink 1
1:30 PM – 3:00 PM	Gold	Practice #2	Rink 1
3:15 PM – 4:45 PM	Blue	Practice #2	Rink 1
5:00 PM – 6:30 PM	White	Practice #2	Rink 1

**DAY 5: Tuesday, July 19**

9:00 AM – 10:30 AM	Blue v. Red	Game #3	Rink 1
10:45 AM – 12:15 PM	White v. Gold	Game #3	Rink 1
3:00 PM – 4:00 PM	Blue	Practice #3	Rink 1
4:15 PM – 5:15 PM	Red	Practice #3	Rink 1
5:30 PM – 6:30 PM	White	Practice #3	Rink 1
6:45 PM – 7:45 PM	Gold	Practice #3	Rink 1

**DAY 6: Wednesday, July 20**

10:00 AM – 11:30 AM	All Goalies	Goalie Practice	Rink 1
3:30 PM – 5:00 PM	Bronze Medal Game (#3 v. #4)	Game #4	Rink 1
5:15 PM – 6:45 PM	Gold Medal Game (#1 v. #2)	Game #4	Rink 1

**DAY 6: Thursday, July 21**

9:00 AM – 10:00 AM	All Camp Challenge	TBD
10:00 AM – 11:00 AM	All Camp Meeting	Husky Den, Rink