2021 USA HOCKEY GIRLS 16/17 PLAYER DEVELOPMENT CAMP
JUNE 26 – JULY 2, 2021
ST. CLOUD STATE UNIVERSITY

TEAMS

American:
Navy, Red, Royal, and White

National:
Black, Gold, Grey, and Light Blue

Daily Camp Schedule

Day 1 – Arrival, Testing, All Camp Meeting, Individual Team Meetings
Day 2 – Mobility Session, Practice, Chalk Talk, Mental Skills, Team Photo, Game
Day 3 – Stickhandling, Game, Goalie Practice, All Camp Meeting
Day 4 – Team Building, Strength & Conditoning, Mental Skills, Practice, Practice
Day 5 – S/C & Nutrition Seminar, Game, Practice
Day 6 – Goalie Practice, Mental Skills, Game
Day 7 – All-Camp Challenge, All-Camp Meeting, Departure

DAY 1: Saturday, June 26, 2021

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

DAY 2: Sunday, June 27, 2021

9:00 am – 9:15 am	Royal/White/Black/Gold Goalies	Goalie Practice	Rink 1
9:15 am – 10:15 am	Royal/White	Practice #1	Rink 1
9:15 am – 10:15 am	Black/Gold	Practice #1	Rink 2
10:30 am – 10:45 am	Red/Navy/Light Blue/Gray Goalies	Goalie Practice	Rink 1
10:45 am – 11:45 am	Red/Navy	Practice #1	Rink 2
10:45 am – 11:45 am	Light Blue/Gray	Practice #1	Rink 1
2:15 pm – 3:45 pm	Royal v. White	Game #1	Rink 1
4:00 pm – 5:30 pm	Gold v. Black	Game #1	Rink 1
5:45 pm – 7:15 pm	Light Blue v. Gray	Game #1	Rink 1
7:30 pm – 9:00 pm	Red v. Navy	Game #1	Rink 1

DAY 3: Monday, June 28, 2021

10:00 am – 11:30 am	Black v. Light Blue	Game #2	Rink 1
11:45 am – 1:15 pm	Gray v. Gold	Game #2	Rink 1
2:30 pm – 4:00 pm	Red v. White	Game #2	Rink 1
4:15 pm – 5:45 pm	Navy v. Royal	Game #2	Rink 1
6:00 pm – 7:00 pm	All Goalies	Goalie Practice	Rink 1

DAY 4: Tuesday, June 29, 2021

1:30 pm – 3:00 pm	Navy/Gold	Practice #2	Rink 1
1:45 pm – 3:15 pm	Royal/Gray	Practice #2	Rink 2
3:15 pm – 4:45 pm	Black/Red	Practice #2	Rink 1
3:30 pm – 5:00 pm	White/Light Blue	Practice #2	Rink 2

DAY 5: Wednesday, June 30, 2021

8:45 am – 10:15 am	Royal v. Red	Game #3	Rink 1
10:30 am – 12:00 pm	White v. Navy	Game #3	Rink 1
12:15 pm – 1:45 pm	Black v. Gray	Game #3	Rink 1
2:00 pm – 3:30 pm	Light Blue v. Gold	Game #3	Rink 1
3:45 pm – 4:45 pm	Royal/Red	Practice #3	Rink 1
5:00 pm – 6:00 pm	White/Navy	Practice #3	Rink 1
6:15 pm – 7:15 pm	Black/Gray	Practice #3	Rink 1
7:30 pm – 8:30 pm	Light Blue/Gold	Practice #3	Rink 1

DAY 6: Thursday, July 1, 2021

9:00 am – 10:00 am	All Goalies	Goalie Practice	Rink 1
12:45 pm – 2:15 pm	American #4 v. National #4	Game #4	Rink 1
2:30 pm – 4:00 pm	American #3 v. National #3	Game #4	Rink 1
4:15 pm – 5:45 pm	American #2 v. National #2	Game #4	Rink 1
6:00 pm – 7:30 pm	American #1 v. National #1	Game #4	Rink 1

**Teams seeded from #1-#4 within pool. Tie breakers: (1) Total Wins from practice Small Area Games, (2) Total Points from practice Small Area Games, (3) Tie Breakers from 2021 National Tournament Guidebook*

DAY 7: Friday, July 2, 2021

9:00 am – 10:00 am	All Camp Challenge
10:00 am – 11:00 am	All Camp Meeting
12:00 pm	Departure