



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 | July 7-13, 2019 | STX Super Camp

v.1

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