



Typical Day

Typical Day at Merrimack College

Early Group	Middle Group	Late Group
Wake-up: 6:15AM	Wake-up: 7:00AM	Wake-up: 8:30AM
On - Ice: 7:00AM	Breakfast: 7:15AM	Breakfast: 8:45AM
Breakfast: 9:00AM	On - Ice: 8:30AM	On - Ice: 10:30AM
Dryland: 10:00AM	Dryland: 11:00AM	Lunch: 1:15PM
Lunch: 11:45AM	Lunch: 1:00PM	Dryland: 2:15PM
On - Ice: 1:00PM	Team Building: 1:45PM	Team Building: 4:00PM
Dryland: 3:45PM	On - Ice: 3:30PM	Dinner: 5:30PM
Dinner: 5:45PM	Dinner: 5:45PM	Dryland: 6:30PM
Team: 6:30PM	Dryland: 6:45PM	On - Ice: 8:30PM
Dorms: 7:30PM	Dorms: 8:30PM	Dorms: 10:15PM
Lights Out: 8:30PM	Lights Out: 9:30PM	Lights Out: 11:00PM

Typical Day at New England Sports Center EHDP Camp

Group #1	Group #2
Wake-up: 6:15AM	Wake-up: 7:00AM
Breakfast: 6:45AM	Breakfast: 7:30AM
On - Ice: 8:00AM	Dryland: 8:30AM
Dryland: 11:00AM	On - Ice: 10:45AM
Lunch: 12:30PM	Lunch: 1:30PM
On - Ice: 1:30PM	Video: 2:30PM
Video: 4:30PM	On - Ice: 4:15PM
Dinner: 5:45PM	Dinner: 7:00PM
Dryland : 6:45PM	Dryland: 7:45PM
Dorms: 8:00PM	Dorms: 9:00PM
Lights Out: 9:00PM	Lights Out: 9:30PM

Typical Day at Hockey Town USA

Group #20

On - Ice: 8 - 10AM

Dryland: 10 - 11AM

Lunch: 11 - 11:30PM

On - Ice: 12 - 2 PM

Dryland: 2:15 - 3:45PM

Pick Up: 3:45PM

Group #21

Dryland: 8 - 9:30AM

On - Ice: 10 - 12PM

Lunch: 12 - 12:30PM

Dryland: 12:30 - 1:30PM

On - Ice: 2 - 4PM

Pick Up: 4:00PM

Typical Day at New England Sports Center

Group #22, 24, 26

On - Ice: 9 - 11AM

Dryland: 11 - 12PM

Lunch: 12 - 12:30PM

On - Ice: 1 - 3 PM

Dryland: 3:00 - 4:30PM

Pick Up: 4:30PM

Group #23, 25, 27

Dryland: 9 - 10:30AM

On - Ice: 11 - 1PM

Lunch: 1 - 1:30PM

Dryland: 1:30 - 2:30PM

On - Ice: 3 - 5PM

Pick Up: 5:00PM