2024 Rangers Youth Hockey Camp - Dix Hills

RED GROUP - MONDAY		
Time	Activity	Location
7:30-8:00 am	CAMPER/PARENT ORIENTATION	RINK LOBBY
8:00-8:30 am	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
8:30-9:00 am	ON-ICE SESSION	ICE RINK
9:00-9:45 am	ON-ICE SESSION	ICE RINK
9:45-10:00 am	CHANGE FOR OFF-ICE	CHANGING ROOMS
10:00-10:30 am	DRYLAND TRAINING	FIELD AREA
10:30-11:00 am	DRYLAND TRAINING	FIELD AREA
11:00-11:30 am	REC TIME	FIELD AREA
11:30-12:00 pm	REC TIME	FIELD AREA
12:00-12:30 pm	LUNCH	DINING ROOM
12:30-1:00 pm	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
1:00-1:30 pm	ON-ICE SESSION	ICE RINK
1:30-2:15 pm	ON-ICE SESSION	ICE RINK
2:15-2:30 pm	CHANGE FOR OFF-ICE	CHANGING ROOMS
2:30-3:00 pm	OFF-ICE TRAINING	FIELD AREA
3:00-3:30 pm	OFF-ICE TRAINING	FIELD AREA
3:30-4:00 pm	SNACK TIME	SNACK STATION
4:00-4:30 pm	CLASSROOM SESSION	NYR CLASSROOM
4:30-5:00 pm	CLASSROOM SESSION	NYR CLASSROOM
Time	Activity	Location
Time 7:30-8:00 am	Activity CAMPER/PARENT ORIENTATION	Location RINK LOBBY
7:30-8:00 am	CAMPER/PARENT ORIENTATION	RINK LOBBY
7:30-8:00 am 8:00-8:30 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING	RINK LOBBY FIELD AREA
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING	RINK LOBBY FIELD AREA FIELD AREA
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME	RINK LOBBY FIELD AREA
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am 11:30-12:00 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE LUNCH	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS DINING ROOM
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am 11:30-12:00 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am 11:30-12:00 pm 12:00-12:30 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE LUNCH REC TIME	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS DINING ROOM FIELD AREA
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7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:30-12:00 pm 12:00-12:30 pm 12:30-1:00 pm 1:00-1:30 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE LUNCH REC TIME REC TIME CLASSROOM SESSION CLASSROOM SESSION	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS DINING ROOM FIELD AREA FIELD AREA NYR CLASSROOM
7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am 11:30-12:00 pm 12:00-12:30 pm 12:30-1:00 pm 1:00-1:30 pm 1:30-2:00 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE LUNCH REC TIME REC TIME CLASSROOM SESSION CLASSROOM SESSION DRESS FOR ON-ICE SESSION	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS DINING ROOM FIELD AREA FIELD AREA NYR CLASSROOM CHANGING ROOMS
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7:30-8:00 am 8:00-8:30 am 8:30-9:00 am 9:00-9:30 am 9:30-10:00 am 10:00-10:45 am 10:45-11:15 am 11:15-11:30 am 11:30-12:00 pm 12:00-12:30 pm 1:00-1:30 pm 1:00-1:30 pm 1:30-2:00 pm 2:00-2:30 pm 2:30-3:00 pm 3:00-3:45 pm	CAMPER/PARENT ORIENTATION DRYLAND TRAINING DRYLAND TRAINING SNACK TIME DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CHANGE FOR OFF-ICE LUNCH REC TIME REC TIME CLASSROOM SESSION CLASSROOM SESSION DRESS FOR ON-ICE SESSION ON-ICE SESSION ON-ICE SESSION CN-ICE SESSION CHANGE FOR OFF-ICE	RINK LOBBY FIELD AREA FIELD AREA SNACK STATION CHANGING ROOMS ICE RINK ICE RINK CHANGING ROOMS DINING ROOM FIELD AREA FIELD AREA NYR CLASSROOM CHANGING ROOMS ICE RINK ICE RINK ICE RINK ICE RINK ICE RINK ICE RINK
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2024 Rangers Youth Hockey Camp – Dix Hills

RED GROUP - TUESDAY-THURSDAY		
Time	Activity	Location
8:00-8:30 am	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
8:30-9:00 am	ON-ICE SESSION	ICE RINK
9:00-9:45 am	ON-ICE SESSION	ICE RINK
9:45-10:00 am	CHANGE FOR OFF-ICE	CHANGING ROOMS
10:00-10:30 am	DRYLAND TRAINING	FIELD AREA
10:30-11:00 am	DRYLAND TRAINING	FIELD AREA
11:00-11:30 am	REC TIME	FIELD AREA
11:30-12:00 pm	REC TIME	FIELD AREA
12:00-12:30 pm	LUNCH	DINING ROOM
12:30-1:00 pm	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
1:00-1:30 pm	ON-ICE SESSION	ICE RINK
1:30-2:15 pm	ON-ICE SESSION	ICE RINK
2:15-2:30 pm	CHANGE FOR OFF-ICE	CHANGING ROOMS
2:30-3:00 pm	OFF-ICE TRAINING	FIELD AREA
3:00-3:30 pm	OFF-ICE TRAINING	FIELD AREA
3:30-4:00 pm	SNACK TIME	SNACK STATION
4:00-4:30 pm	CLASSROOM SESSION	NYR CLASSROOM
4:30-5:00 pm	CLASSROOM SESSION	NYR CLASSROOM

Time	Activity	Location
8:00-8:30 am	DRYLAND TRAINING	FIELD AREA
8:30-9:00 am	DRYLAND TRAINING	FIELD AREA
9:00-9:30 am	SNACK TIME	SNACK STATION
9:30-10:00 am	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
10:00-10:45 am	ON-ICE SESSION	ICE RINK
10:45-11:15 am	ON-ICE SESSION	ICE RINK
11:15-11:30 am	CHANGE FOR OFF-ICE	CHANGING ROOMS
11:30-12:00 pm	LUNCH	DINING ROOM
12:00-12:30 pm	REC TIME	FIELD AREA
12:30-1:00 pm	REC TIME	FIELD AREA
1:00-1:30 pm	CLASSROOM SESSION	NYR CLASSROOM
1:30-2:00 pm	CLASSROOM SESSION	NYR CLASSROOM
2:00-2:30 pm	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
2:30-3:00 pm	ON-ICE SESSION	ICE RINK
3:00-3:45 pm	ON-ICE SESSION	ICE RINK
3:45-4:00 pm	CHANGE FOR OFF-ICE	CHANGING ROOMS
4:00-4:30 pm	OFF-ICE TRAINING	FIELD AREA
4:30-5:00 pm	OFF-ICE TRAINING	FIELD AREA



2023 Rangers Youth Hockey Camp – Dix Hills

RED GROUP - FRIDAY		
Time	Activity	Location
8:00-8:30 am	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
8:30-9:00 am	ON-ICE SESSION	ICE RINK
9:00-9:45 am	ON-ICE SESSION	ICE RINK
9:45-10:00 am	CHANGE FOR OFF-ICE	CHANGING ROOMS
10:00-10:30 am	DRYLAND TRAINING	FIELD AREA
10:30-11:00 am	DRYLAND TRAINING	FIELD AREA
11:00-11:30 am	REC TIME	FIELD AREA
11:30-12:00 pm	REC TIME	FIELD AREA
12:00-12:30 pm	LUNCH	DINING ROOM
12:30-1:00 pm	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
1:00-1:45 pm	ON-ICE SESSION	ICE RINK
1:45-2:00 pm	CHANGE FOR OFF-ICE	CHANGING ROOMS
2:00-2:30 pm	OFF-ICE TRAINING	FIELD AREA
2:30-3:00 pm	OFF-ICE TRAINING	FIELD AREA
3:00-3:30 pm	STRENGTH & CONDITIONING	FIELD AREA
3:30-4:00 pm	SNACK TIME	SNACK STATION
4:00-4:30 pm	AWARDS CEREMONY	ТВА
4:30-5:00 pm	AWARDS CEREMONY	ТВА

Time	Activity	Location
8:00-8:30 am	DRYLAND TRAINING	FIELD AREA
8:30-9:00 am	DRYLAND TRAINING	FIELD AREA
9:00-9:30 am	SNACK TIME	SNACK STATION
9:30-10:00 am	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
10:00-10:45 am	ON-ICE SESSION	ICE RINK
10:45-11:15 am	ON-ICE SESSION	ICE RINK
11:15-11:30 am	CHANGE FOR OFF-ICE	CHANGING ROOMS
11:30-12:00 pm	LUNCH	DINING ROOM
12:00-12:30 pm	REC TIME	FIELD AREA
12:30-1:00 pm	REC TIME	FIELD AREA
1:00-1:30 pm	STRENGTH & CONDITIONING	FIELD AREA
1:30-2:00 pm	DRESS FOR ON-ICE SESSION	CHANGING ROOMS
2:00-2:45 pm	ON-ICE SESSION	ICE RINK
2:45-3:00 pm	CHANGE FOR OFF-ICE	CHANGING ROOMS
3:00-3:30 pm	OFF-ICE TRAINING	FIELD AREA
3:30-4:00 pm	OFF-ICE TRAINING	FIELD AREA
4:00-4:30 pm	AWARDS CEREMONY	ТВА
4:30-5:00 pm	AWARDS CEREMONY	ТВА

