

# 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
7:30-8:00 am	CAMPER/PARENT ORIENTATION	RINK LOBBY
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



# 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	TBA
4:30-5:00 pm	AWARDS CEREMONY	TBA

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	TBA
4:30-5:00 pm	AWARDS CEREMONY	TBA

