

HOCKEY

(Ages 6 to 14)



Camp Skill Level Expectations

Explore (Beginner)

These camps aim to introduce and develop the basics

Engage (Intermediate)

These camps aim to develop and build upon the basics

Excel (Advanced)

These camps aim to challenge in a high performance environment

Due to renovations to the Clare Drake Arena, all Green & Gold Hockey Camps will be taking place at alternative locations in 2026.

Green & Gold Camps	AGE	Location	Week 1 July 2-3*	Week 2 July 6-10	Week 3 July 13-17	Week 4 July 20-24	Week 5 July 27-31	Week 6 Aug 4-7*	Week 7 Aug 10-14	Week 8 Aug 17-21	Week 9 Aug 24-28
Hockey Skills Half Day ^{New}	9-11	Silent Ice			0	0					
Hockey Skills Half Day ^{New}	9-14	Silent Ice			0	0					
Hockey 3/4 Day ^{New}	6-8	Confederation							0		
Hockey 3/4 Day ^{New}	9-11	Confederation							0		
Hockey Full Day	6-8	Confederation								0	0
Hockey Full Day	9-11	Confederation								0	0

Hockey Skills Half Day @ Silent Ice (Nisku)

Our Half Day Skills Camps will feature small group skill sessions and daily dry-land training coached and led by our Green & Gold Hockey Staff

(Participants grouped by size/skill)

9-11 Group

Drop off 7:45am-8:15am
Ice 8:15am-9:15am
Dryland 9:30am-10:30am
Ice 10:45am-11:45am
Pick up 11:45am-12:00pm

9-14 Group

Drop off 9:00am-9:30am
Ice 9:30am-10:30am
Dryland 10:45am-11:45am
Ice 12:00am-1:00pm
Pick up 1:00pm-1:15pm

Hockey 3/4 Day @ Confederation Arena

Our traditional hockey camps will have familiar schedules of Morning and Afternoon ice sessions broken up by off ice multi-sport sessions led by our Green & Gold Hockey Staff

(Participants grouped by age)

All Groups Drop off 8:30am-9:00am
Pick up 1:45pm-2:00pm

6-8 Group Ice 9:00am-10:00am
Games/Dryland 10:15am-11:15am
Ice 11:30am-12:30pm
Lunch/Dryland 12:45pm-1:45pm

9-11 Group

Games/Dryland 9:00am-10:00am
Ice 10:15am-11:15am
Lunch/Dryland 11:30am-12:30pm
Ice 12:45pm-1:45pm

Hockey Full Day @ Confederation Arena

Our traditional hockey camps will have familiar schedules of Morning and Afternoon ice sessions broken up by off ice multi-sport sessions led by our Green & Gold Hockey Staff

(Participants grouped by age)

All Groups Drop off 8:30am-9:00am
Pick up 3:45pm-4:00pm

6-8 Group Ice 9:00am-10:15am
Games/Dryland 10:30am-11:45am
Lunch/Games 11:45am-1:00pm
Ice 1:00pm-2:15pm
Games/Dryland 2:15pm-3:45pm

9-11 Group

Games/Dryland 9:00am-10:15am
Ice 10:30am-11:45am
Lunch/Games 11:45am-1:00pm
Games/Dryland 1:00pm-2:15pm
Ice 2:30pm-3:45pm