



NGHL NCAA EXPOSURE CAMP

Newington Arena, 300 Alumni Rd, Newington, CT

Saturday June 10 to Sunday June 11, 2023

Saturday			
Time	EVENT	SPACE	NOTES
8:00 AM - 10:00 AM	CHECK-IN	Rink Lobby	
9:00 AM - 10:10 AM	SKILLS/DRILLS	PLAYERS & GOALIES	Group 1 & 2
10:20 AM - 11:30 AM	SKILLS/DRILLS	PLAYERS & GOALIES	Group 3 & 4
11:45 AM - 12:45 PM	SEMINAR	COLLEGE RECRUITING PANEL	Multi purpose room. Working lunch.
1:00 PM - 2:00 PM	SEMINAR	NUTRITION, A. Salerno	Multi purpose room. Working lunch.
2:15 PM - 3:30 PM	FULL GAME	PLAYERS & GOALIES	Group 1 & 2
3:40 PM - 4:55 PM	FULL GAME	PLAYERS & GOALIES	Group 3 & 4
5:00 PM - 6:00 PM	ICE CREAM SOCIAL	PLAYERS & GOALIES	Multi purpose room

Sunday			
Time	EVENT	SPACE	NOTES
8:00 AM - 9:10 AM	SKILLS/DRILLS	PLAYERS & GOALIES	Group 3 & 4
9:20 AM - 10:30 AM	SKILLS/DRILLS	PLAYERS & GOALIES	Group 1 & 2
10:45 AM - 11:45 PM	SEMINAR	A DAY IN THE LIFE	Multi purpose room. Working lunch.
12:00 PM - 1:00 PM	SEMINAR	STRENGTH TRAINING, A. Salerno	Multi purpose room. Working lunch.
1:20 PM - 2:35 PM	FULL GAME	PLAYERS & GOALIES	Group 3 & 2
2:45 PM - 3:55 PM	FULL GAME	PLAYERS & GOALIES	Group 4 & 1

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