

**PRO AMBITIONS HOCKEY
BOARDING CAMPS
AT MASS MARITIME
WEEK ONE**



PRO AMBITIONS HOCKEY, INC
DEFENSE W/ JEFF BOARDING CAMP @ MASS MARITIME ACADEMY
JUNE 26 – JULY 1, 2023



MONDAY

4:00-5:00pm- Check in at Dorms
5:30-6:00pm- Camp Orientation
6:00-6:30pm- Dinner
6:30-7:00pm- **Chalk Talk- Developing Complete Players**
7:00-8:00pm- Off Ice Training- Player Combine
8:00-9:00pm- Team Building/ Game & Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Lights Out

TUESDAY

6:00-6:30am-Wake up
6:30-7:00am- Breakfast
7:00-7:30am- Transport to rink/ Dynamic Warm up
7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Navy Seal
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Rest/ Exercise/ Nutrition
7:00-7:30pm- Off Ice Training- Strength & Conditioning
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10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: NHL Analyst
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Hockey IQ
7:00-7:30pm- Off Ice Training- Explosive Training
7:30-9:00pm- Team Building/ Game and Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Lights Out

**SPECIAL GUEST APPEARANCES ARE
SUBJECT TO CHANGE**

**ATTENDENCE IS TAKEN THROUGHOUT
THE DAY**

THURSDAY

6:00-6:30am-Wake up
6:30-7:00am- Breakfast
7:00-7:30am- Transport to rink/ Dynamic Warm up
7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Sports Psychologist
11:00-11:30pm- Lunch
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7:30-9:00pm- Team Building/ Game & Activities/ Gym
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FRIDAY

6:00-6:30am-Wake up
6:30-7:00am- Breakfast
7:00-7:30am- Transport to rink/ Dynamic Warm up
7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
10:00-10:30AM- Locker room
10:30-11:00am- Chalk Talk: Developing Your Game
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Defensive Hockey
7:00-7:30pm- Off Ice Training- Explosive Training
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SATURDAY

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6:30-7:00am- Breakfast
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7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
10:00-10:30AM- Locker room
10:30-11:00am- Chalk Talk: Camp Awards Ceremony
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION: PA CUP GAME
2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00pm- Checkout



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AAA BATTLE BOARDING CAMP @ MASS MARITIME ACADEMY
JUNE 26 – JULY 1, 2023



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5:30-6:00pm- Dinner
6:00-7:00pm- Camp Orientation/ Ice Breakers
7:00-8:00pm- Off Ice Training/ Team Games/ Gym
8:00-8:30pm- Chalk Talk- Developing Complete Players
8:30-9:00pm- Team Building Activities
9:00-10:00pm- Shower/ Down Time/ Lights Out

TUESDAY

6:30-7:00am-Wake up
7:00-7:30am- Breakfast
7:30-8:00am- Transport to rink
8:00-9:30am- Off Ice- Stickhandling and Edge Work
9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Body Contact
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest: Navy Seal
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Stride & Skating Skills
4:00-4:30pm- Locker room
4:30- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
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12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Guest Speaker: NHL Analyst
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Passing/ Shooting
4:00-4:30pm- Locker room
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12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Offensive Concepts
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2:30- 4:00pm- Off Ice Training
4:30- 5:30pm- Back to dorms/ Shower/ Relax
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SATURDAY

6:30-7:00am-Wake up
7:00-7:30am- Breakfast
7:30-8:00am- Transport to rink
8:00-9:30am- Off Ice- Stickhandling and Edge Work
9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- AAA BATTLES
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- PA CUP
4:00-4:30pm- Locker room
4:30pm- Checkout

**PRO AMBITIONS HOCKEY
DAY CAMPS
AT MASS MARITIME
WEEK ONE**



PRO AMBITIONS HOCKEY, INC
 DEFENSE W/ JEFF DAY AMP @ MASS MARITIME ACADEMY
 JUNE 26 – JULY 1, 2023



TUESDAY

7:15-7:30AM- CHECK IN AT RINK
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Navy Seal
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00PM- CHECK OUT/ PICK UP @ RINK

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7:15-7:30AM- CHECK IN AT RINK
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4:00PM- CHECK OUT/ PICK UP @ RINK

**SPECIAL GUEST APPEARANCES ARE
 SUBJECT TO CHANGE**

**ATTENDENCE IS TAKEN THROUGHOUT
 THE DAY**

DAY CAMPER INFORMATION

DAY CAMPERS SHOULD BRING THE FOLLOWING EACH DAY...

FULL SET OF ON ICE GEAR/ EQUIPMENT- INCLUDING 1 TO 2 HOCKEY STICKS ON ICE STICKS.

OFF ICE TRAINING GEAR AND EQUIPMENT- INCLUDING THE FOLLOWING; SHORTS, TEE SHIRT, SOCKS, SNEAKERS, HAT, SUN BLOCK, HOCKEY STICK FOR OFF ICE TRAINING.

SNACKS AND WATER BOTTLE- DAY CAMPERS SHOULD BRING SEEVERAL HEALTHY SNAKCS AND A REFILLABLE WATER BOTTLE.

NOT ATTENDING CAMP DAY- PARENTS SHOULD CONTACT THE HEAD INSTRUCTOR OF CAMP VIA PHONE/ EMAIL IF CHILD WILL NOT BE ATTENDING A DAY OF CAMP.

PICK UP- PARENTS SHOULD MAKE SURE TO MAKE SURE THAT THEIR CHILD / PLAYERS HAS ARRANGEMENTS TO BE PICKED UP EACH DAY ON TIME.

DAY CAMPER'S GEAR- DAY CAMPERS MUST TAKE ALL OF THEIR GEAR HOME EACH DAY. PRO AMBITIONS HOCKEY IS NOT RESPONSIBLE FOR LOST OF STOLEN GEAR THAT HAS BEEN LEFT AT THE RINK.



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 AAA BATTLE DAY CAMP @ MASS MARITIME ACADEMY
 JUNE 26 – JULY 1, 2023



TUESDAY

7:30-8:00AM- CHECK IN @ RINK
 7:30-8:00am- Transport to rink
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Body Contact
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest: Navy Seal
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Stride & Skating Skills
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

WEDNESDAY

7:30-8:00AM- CHECK IN @ RINK 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Puck Handling
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Guest Speaker: NHL Analyst
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Passing/ Shooting
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

THURSDAY

7:30-8:00AM- CHECK IN @ RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Defensive Concepts
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
 1:00-1:30pm- Special Guest
 1:30-2:00pm- Locker room
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ATTENDANCE IS TAKEN THROUGHOUT THE DAY

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2:00-4:00pm- ON ICE SESSION
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

SATURDAY

7:30-8:00AM- CHECK IN @ RINK
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12:30-1:00pm- Lunch
 1:00-1:30pm- Chalk Talk
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- PA CUP
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

DAY CAMPER INFORMATION

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SNACKS AND WATER BOTTLE- DAY CAMPERS SHOULD BRING SEVERAL HEALTHY SNACKS AND A REFILLABLE WATER BOTTLE.

NOT ATTENDING CAMP DAY- PARENTS SHOULD CONTACT THE HEAD INSTRUCTOR OF CAMP VIA PHONE/ EMAIL IF CHILD WILL NOT BE ATTENDING A DAY OF CAMP.

PICK UP- PARENTS SHOULD MAKE SURE TO MAKE SURE THAT THEIR CHILD / PLAYERS HAS ARRANGEMENTS TO BE PICKED UP EACH DAY ON TIME.

DAY CAMPER'S GEAR- DAY CAMPERS MUST TAKE ALL OF THEIR GEAR HOME EACH DAY. PRO AMBITIONS HOCKEY IS NOT RESPONSIBLE FOR LOST OF STOLEN GEAR THAT HAS BEEN LEFT AT THE RINK.

**PRO AMBITIONS HOCKEY
BOARDING CAMPS
AT MASS MARITIME
WEEK TWO**



PRO AMBITIONS HOCKEY, INC
EURO MICRO SKILLS W/ COACH ANDRE BOARDING CAMP
@ MASS MARITIME ACADEMY
JULY 2 – 7, 2023



SUNDAY

4:00-5:00pm- Check in at Dorms
5:30-6:00pm- Camp Orientation
6:00-6:30pm- Dinner
6:30-7:00pm- **Chalk Talk- Developing Complete Players**
7:00-8:00pm- Off Ice Training- Player Combine
8:00-9:00pm- Team Building/ Game & Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Lights Out

MONDAY

6:00-6:30am-Wake up
6:30-7:00am- Breakfast
7:00-7:30am- Transport to rink/ Dynamic Warm up
7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Navy Seal
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
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TUESDAY

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THE DAY**



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AAA BATTLE BOARDING CAMP @ MASS MARITIME ACADEMY
JULY 2-7, 2023



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2:00-4:00pm- ON ICE SESSION- Passing/ Shooting
4:00-4:30pm- Locker room
4:30- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Rest/ Exercise/ Nutrition
7:00-7:30pm- Off Ice Training- Explosive Training
7:30-9:00pm- Team Building/ Game & Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Lights Out

WEDNESDAY

6:30-7:00am-Wake up
7:00-7:30am- Breakfast
7:30-8:00am- Transport to rink
8:00-9:30am- Off Ice- Stickhandling and Edge Work
9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Defensive Concepts
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Offensive Concepts
4:00-4:30pm- Locker room
4:30- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Off & Def Concepts
7:00-7:30pm- Off Ice Training- Strength & Conditioning
7:30-9:00pm- Team Building/ Game & Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Lights Out

THURSDAY

6:30-7:00am-Wake up
7:00-7:30am- Breakfast
7:30-8:00am- Transport to rink
8:00-9:30am- Off Ice- Stickhandling and Edge Work
9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION
4:00-4:30pm- Locker room
4:30- 5:30pm- Back to dorms/ Shower/ Relax
5:30-6:00pm- Dinner
6:00-6:30pm- Chalk Talk
6:30-8:00pm- Off Ice Training- Explosive Training
8:00-9:00pm- Team Building/ Game and Activities/ Gym
9:00-10:00pm- Shower/ Down Time/ Pack/ Lights Out

FRIDAY

6:30-7:00am-Wake up
7:00-7:30am- Breakfast
7:30-8:00am- Transport to rink
8:00-9:30am- Off Ice- Stickhandling and Edge Work
9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- AAA BATTLES
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- PA CUP
4:00-4:30pm- Locker room
4:30pm- Checkout

**ATTENDENCE IS TAKEN THROUGHOUT
THE DAY**

**PRO AMBITIONS HOCKEY
DAY CAMPS
AT MASS MARITIME
WEEK TWO**



PRO AMBITIONS HOCKEY, INC
 EURO MICRO SKILLS W/ COACH ANDRE
 DAY CAMP @ MASS MARITIME ACADEMY
 JULY 2 – 7, 2023



MONDAY

7:30am- CHECK IN @ RINK
 7:00-7:30am- Transport to rink/ Dynamic Warm up
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Navy Seal
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00- CHECK OU AND PICK UP @ THE RINK

TUESDAY

7:30am- CHECK IN @ RINK
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: NHL Analyst
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00- CHECK OU AND PICK UP @ THE RINK

WEDNESDAY

7:30am- CHECK IN @ RINK
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Guest Speaker: Sports Psychologist
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
 4:00- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
 6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Offensive Hockey
 7:00-7:30pm- Off Ice Training- Strength & Conditioning
 7:30-9:00pm- Team Building/ Game & Activities/ Gym
 9:00-10:00pm- Shower/ Down Time/ Lights Out

THURSDAY

7:30am- CHECK IN @ RINK
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Chalk Talk: Developing Your Game
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
 4:00- 6:00pm- Back to dorms/ Beach/ Shower/ Relax
 6:00-6:30pm- Dinner
6:30-7:00pm-Chalk Talk- Defensive Hockey
 7:00-7:30pm- Off Ice Training- Explosive Training
 7:30-9:00pm- Team Building/ Game and Activities/ Gym
 9:00-10:00pm- Shower/ Down Time/ Lights Out

FRIDAY

7:30am- CHECK IN @ RINK
 7:30-8:00am- Locker room
8:00-10:00am- ON ICE SESSION
 10:00-10:30AM- Locker room
10:30-11:00am- Chalk Talk: Camp Awards Ceremony
 11:00-11:30pm- Lunch
 11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE SESSION: PA CUP GAME
 2:00-2:30pm- Locker room
2:30- 4:00pm- Off Ice- Stickhandling & Edge Work
4:00pm- Checkout

**SPECIAL GUEST APPEARANCES ARE
 SUBJECT TO CHANGE**

**ATTENDENCE IS TAKEN THROUGHOUT
 THE DAY**

DAY CAMPER INFORMATION

DAY CAMPERS SHOULD BRING THE FOLLOWING EACH DAY...

FULL SET OF ON ICE GEAR/ EQUIPMENT- INCLUDING 1 TO 2 HOCKEY STICKS ON ICE STICKS.

OFF ICE TRAINING GEAR AND EQUIPMENT- INCLUDING THE FOLLOWING; SHORTS, TEE SHIRT, SOCKS, SNEAKERS, HAT, SUN BLOCK, HOCKEY STICK FOR OFF ICE TRAINING.

SNACKS AND WATER BOTTLE- DAY CAMPERS SHOULD BRING SEEVERAL HEALTHY SNAKCS AND A REFILLABLE WATER BOTTLE.

NOT ATTENDING CAMP DAY- PARENTS SHOULD CONTACT THE HEAD INSTRUCTOR OF CAMP VIA PHONE/ EMAIL IF CHILD WILL NOT BE ATTENDING A DAY OF CAMP.

PICK UP- PARENTS SHOULD MAKE SURE TO MAKE SURE THAT THEIR CHILD / PLAYERS HAS ARRANGEMENTS TO BE PICKED UP EACH DAY ON TIME.

DAY CAMPER'S GEAR- DAY CAMPERS MUST TAKE ALL OF THEIR GEAR HOME EACH DAY. PRO AMBITIONS HOCKEY IS NOT RESPONSIBLE FOR LOST OF STOLEN GEAR THAT HAS BEEN LEFT AT THE RINK.



PRO AMBITIONS HOCKEY, INC
 AAA BATTLE DAY CAMP @ MASS MARITIME ACADEMY
 JULY 2-7, 2023



MONDAY

7:30-8:00am- CHECK IN @ THE RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Body Contact
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Special Guest: Navy Seal
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Stride & Skating Skills
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

TUESDAY

7:30-8:00am- CHECK IN @ THE RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Puck Handling
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Guest Speaker: NHL Analyst
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Passing/ Shooting
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

WEDNESDAY

7:30-8:00am- CHECK IN @ THE RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- Defensive Concepts
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
 1:00-1:30pm- Special Guest
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- Offensive Concepts
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

**SPECIAL GUEST APPEARANCES ARE
 SUBJECT TO CHANGE**

**ATTENDANCE IS TAKEN THROUGHOUT
 THE DAY**

THURSDAY

7:30-8:00am- CHECK IN @ THE RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
 1:00-1:30pm- Special Guest
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

FRIDAY

7:30-8:00am- CHECK IN @ THE RINK
 8:00-9:30am- Off Ice- Stickhandling and Edge Work
 9:30am- 10:00am- Locker room
10:00-12:00pm- ON ICE SESSION- AAA BATTLES
 12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
 1:00-1:30pm- Chalk Talk
 1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE SESSION- PA CUP
 4:00-4:30pm- Locker room
4:00-4:30pm- CHECKOUT/ PICK UP @ THE RINK

DAY CAMPER INFORMATION

DAY CAMPERS SHOULD BRING THE FOLLOWING EACH DAY...

FULL SET OF ON ICE GEAR/ EQUIPMENT- INCLUDING 1 TO 2 HOCKEY STICKS ON ICE STICKS.

OFF ICE TRAINING GEAR AND EQUIPMENT- INCLUDING THE FOLLOWING; SHORTS, TEE SHIRT, SOCKS, SNEAKERS, HAT, SUN BLOCK, HOCKEY STICK FOR OFF ICE TRAINING.

SNACKS AND WATER BOTTLE- DAY CAMPERS SHOULD BRING SEVERAL HEALTHY SNACKS AND A REFILLABLE WATER BOTTLE.

NOT ATTENDING CAMP DAY- PARENTS SHOULD CONTACT THE HEAD INSTRUCTOR OF CAMP VIA PHONE/ EMAIL IF CHILD WILL NOT BE ATTENDING A DAY OF CAMP.

PICK UP- PARENTS SHOULD MAKE SURE TO MAKE SURE THAT THEIR CHILD / PLAYERS HAS ARRANGEMENTS TO BE PICKED UP EACH DAY ON TIME.

DAY CAMPER'S GEAR- DAY CAMPERS MUST TAKE ALL OF THEIR GEAR HOME EACH DAY. PRO AMBITIONS HOCKEY IS NOT RESPONSIBLE FOR LOST OF STOLEN GEAR THAT HAS BEEN LEFT AT THE RINK.