



PRO AMBITIONS HOCKEY SUMMER BATTLE CAMP



MONDAY

7:30am- Check-in
8:15-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- **ON ICE SESSION**
11:00-11:20am- Locker room
11:20-12:00pm- Off Ice Training
12:00-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- **ON ICE SESSION**
3:00-3:20pm- Locker room
3:20-4:00pm- Individual and Team Building Training
4:00pm- Check out

TUESDAY

8:00am- Check-in
8:15-8:30am- Dynamic Stretch
8:30-8:45am- Head Instructor/ Parent Meeting
8:30-9:00am- Locker room
9:00-11:00am- **ON ICE SESSION**
11:00-11:20am- Locker room
11:20-12:00pm- Off Ice Training
12:00-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- **ON ICE SESSION**
3:00-3:20pm- Locker room
3:20-4:00pm- Individual and Team Building Training
4:00pm- Check out

WEDNESDAY

8:00am- Check-in
8:15-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- **ON ICE SESSION**
11:00-11:20am- Locker room
11:20-12:00pm- Off Ice Training
12:00-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- **ON ICE SESSION**
3:00-3:20pm- Locker room
3:20-4:00pm- Individual and Team Building Training
4:00pm- Check out

THURSDAY

8:00am- Check-in
8:15-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- **ON ICE SESSION**
11:00-11:20am- Locker room
11:20-12:00pm- Off Ice Training
12:00-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- **ON ICE SESSION: SKILLS COMP/ PA CUP**
3:00-3:20pm- Locker room
3:20-4:00pm- Individual and Team Building Training
4:00pm- Check out

ATTENDANCE IS TAKEN THROUGHOUT THE DAY AT CAMP

DAILY REMINDERS

- 1. BREAKFAST-** Eat a nutritious breakfast each morning before coming to camp.
- 2. CHECK IN-** BATTLE CAMP check in starts at **8AM** each day (TUE-THU)
- 3. EQUIPMENT-** Make sure to bring all of your hockey gear and dryland gear to camp each day. At the end of the day, make sure to pack it all up and bring it home each day.
- 4. LUNCH AND SNACKS-** Make sure to pack a nutritious lunch, several healthy snacks and a **REUSABLE** water bottle each day.
- 5. CHECK OUT-** Camp check out is at 4:00 each day (Mon thru Fri).
 - Parents and/ or guardians must come into the rink to visibly checkout their campers each day.
 - We will need/ must have written consent from the parent/ legal guardian to leave a child under 18 at the rink at the end of the camp day.
- 6. CAMP CONTACT-** Make sure to get the Head Instructor or Camp Director's contact info. That would be the person to contact first with any questions and/ or concerns with the camp that your child is attending.