



BOARDING AND DAY
CAMP ITINERARIES



PRO AMBITIONS HOCKEY BU BOARDING CAMP DEFENSE WITH JEFF ITINERARY



SUNDAY

3:00-5:00pm- CHECK IN at Walter Brown Arena
4:30-5:00pm- Camp Orientation Arena Lobby
5:00-5:30pm- Dinner
5:30-6:00pm- Locker room/ stretch
6:00-7:00pm- ON ICE
7:00-7:30pm- Locker room
7:30-8:30pm- Team Building/ Ice breakers
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights Out

MONDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training/ Guest Speaker
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00-5:00pm- Shower/ Down time
5:00-5:45pm- Dinner
5:45-6:30pm- Dynamic warmup
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

TUESDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00-5:00pm- Shower/ Down time
5:00-5:45pm- Dinner
6:00-7:00pm- Agganis Arena Tour
6:30-7:00pm- Locker room
7:00-8:30pm- TOUR AGGANIS ARENA
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

WEDNESDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training/ Guest Speaker
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00-5:00pm- Shower/ Down time
5:00-5:45pm- Dinner
5:45-6:30pm- Dynamic warmup
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

THURSDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00pm- Meet in front of Dorms
4:00-6:00pm- DUCK TOUR
6:00-6:45pm- Dinner
7:00-8:30pm- Gym time/ ON ICE
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

FRIDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE- PA CUP GAME
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
3:00-4:00pm- CHECK OUT

ATTENDANCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY BU DAY CAMP DEFENSE WITH JEFF ITINERARY



MONDAY

7:30am- Check in at Rink
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training/ Guest
Speaker
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00pm- Check out

TUESDAY

7:30am- Check in at Rink
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Off ice training/ Guest
Speaker
11:00-11:30am- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- ON ICE
2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00pm- Check out

WENDESDAY

7:30am- Check in at Rink
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
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2:00-2:30pm- Locker room
2:30-4:00pm- Off ice training
4:00pm- Check out

ATTENDENCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY BU BOARDING CAMP AAA BATTLE CAMP ITINERARY



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3:00-5:00pm- CHECK IN at Walter Brown Arena
4:30-5:00pm- Camp Orientation Arena Lobby
5:00-5:30pm- Dinner
5:30-6:00pm- Locker room/ stretch
6:00-7:00pm- ON ICE
7:00-7:30pm- Locker room
7:30-8:30pm- Team Building/ Ice breakers
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights Out

MONDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Dynamic Warm up stretch
8:00- 9:30am- Off Ice training
9:30-10:00am- Locker room
10:00-12:00am- ON ICE
12:00-12:30am- Locker room
12:30-1:00pm- Lunch
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Shower
5:00-5:45pm- Dinner
5:45-6:30pm- Dynamic warmup
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
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12:30-1:00pm- Lunch
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10:00-12:00am- ON ICE
12:00-12:30am- Locker room
12:30-1:00pm- Lunch
2:00-3:30pm- ON ICE
3:30- 4:00pm- Locker room
4:00pm- Meet in front of Dorms
4:00-6:00pm- DUCK TOUR
6:00-6:45pm- Dinner
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12:30-1:00pm- Lunch
2:00-4:00pm- ON ICE- PA CUP GAME
4:00-4:30pm- Locker room
4:30pm- CHECK OUT

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12:30-1:00pm- Lunch
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30pm- Check out

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