



BOARDING AND DAY
CAMP ITINERARIES



PRO AMBITIONS HOCKEY BU BOARDING CAMP DEFENSE WITH JEFF ITINERARY



SUNDAY, JULY 3

3:00-5:00pm- CHECK IN 1019 Commonwealth Ave
5:00-5:30pm- Camp Orientation
5:30-6:30pm- Dinner
6:30--7:00pm- Locker room
7:00-8:00pm- On Ice
8:00-8:30pm- Locker room
8:30-9:00pm- Team Building
9:30-10:00pm- Shower/ Lights Out

MONDAY JULY 4

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- Chalk Talk
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
5:30-6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Team Building/ Down time
9:30-10:00pm- Shower/ Lights out

TUESDAY JULY 5

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- Chalk Talk
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
5:30-6:30pm- Dinner
6:30-7:00pm- Chalk Talk
7:00-8:00pm- Agganis Arena Tour/ Gym Time
8:00-8:30pm- Team Building
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

WEDNESDAY JULY 6

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- Chalk Talk
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
5:30-6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Team Building/ Down time
9:30-10:00pm- Shower/ Lights out

THURSDAY JULY 7

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- Chalk Talk
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
5:30-6:30pm- Dinner
6:30-7:00pm- Chalk Talk
7:00-8:00pm- Gym Time
8:00-8:30pm- Team Building
8:30-9:30pm- Down time / Pack/ Clean
9:30-10:00pm- Shower/ Lights out

FRIDAY JULY 8

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
4:00-4:30pm – Check Out Ends

ATTENDANCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY BU DAY CAMP DEFENSE WITH JEFF ITINERARY



MONDAY JULY 4

7:30am- Check in at Walter Brown Arena
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Chalk Talk
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 at Walter Brown Arena

TUESDAY JULY 5

7:30am- Check in at Walter Brown Arena
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Chalk Talk
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 at Walter Brown Arena

WEDNESDAY JULY 6

7:30am- Check in at Walter Brown Arena
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Chalk Talk
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 at Walter Brown Arena

THURSDAY JULY 7

7:30am- Check in at Walter Brown Arena
7:30-8:00am- Locker room
8:00-10:00am- ON ICE
10:00-10:30am- Locker room
10:30-11:00am- Chalk Talk
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 at Walter Brown Arena

FRIDAY JULY 8

7:30am- Check in at Walter Brown Arena
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
4:00- Check Out

CAMP DIRECTOR- Contact Info-

Please contact camp Director if your child will be absent or late for camp

Important Times- Check in is at 7:30am and check out is 4:00pm each day.

Defense Day campers...

must bring their entire set of gear and off ice training gear home with them each day.

can pre-purchase a lunch prior to the start of camp or must bring their own lunch and snacks each day.

should bring a re-usable water bottle that they can refill throughout the day.

ATTENDENCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY BU BOARDING CAMP AAA BATTLE CAMP ITINERARY



SUNDAY, JULY 3

3:00-5:00pm- CHECK IN 1019 Commonwealth Ave
5:00-5:30pm- Camp Orientation
5:30-6:30pm- Dinner
6:30--7:00pm- Locker room
7:00-8:00pm- On Ice
8:00-8:30pm- Locker room
8:30-9:00pm- Team Building / Ice Breakers
9:30-10:00pm- Shower/ Lights Out

MONDAY

6:30-7:00am- Wake up/ Meet with Group
7:30-8:00am- Breakfast
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:30pm- Shower down time
5:30- 6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Team Building/ Down time
9:30-10:00pm- Shower/ Lights out

TUESDAY

6:30-7:00am- Wake up/ Meet with Group
7:30-8:00am- Breakfast
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:30pm- Shower down time
5:30- 6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- Agganis Arena Tour/ Gym Time
8:00-8:30pm- Team Building
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

WENDESDAY

6:30-7:00am- Wake up/ Meet with Group
7:30-8:00am- Breakfast
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:30pm- Shower down time
5:30- 6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm Locker room
8:30-9:30pm- Team Building/ Down time
9:30-10:00pm- Shower/ Lights out

THURSDAY

6:30-7:00am- Wake up/ Meet with Group
7:30-8:00am- Breakfast
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:30pm- Shower down time
5:30- 6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- Gym Time
8:00-8:30pm- Team Building
8:30-9:30pm- Down time
9:30-10:00pm- Shower/ Lights out

FRIDAY

6:30-7:00am- Wake up/ Meet with Group
7:30-8:00am- Breakfast
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE- PA CUP GAME
4:00-4:30pm- Locker room
4:30pm- Check out

ATTENDENCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY BU DAY CAMP AAA BATTLE CAMP ITINERARY



MONDAY, JULY 4

8:00am- Check in
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30- Check out ends

TUESDAY, JULY 5

8:00am- Check in
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30- Check out ends

WENDESDAY, JULY 6

8:00am- Check in
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30- Check out ends

THURSDAY, JULY 7

8:00am- Check in
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30- Check out ends

FRIDAY, JULY 8

8:00am- Check in
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
1:00-1:30am- Chalk Talk
1:30-2:00pm- Locker room
2:00-4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30- Check out ends

CAMP DIRECTOR- Reggie Hebert
Contact Info-
(781) 608-1213
reggiehebert@hotmail.com

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Important Times- Check in is at 8:00am and check out is 4:30pm each day.

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