



PRO AMBITIONS HOCKEY VERNON NJ BOARDING CAMP ITINERARY



SUNDAY

3:00-5:00pm- CHECK IN at Crystal Springs Hotel
5:00-5:30pm- Camp Orientation
5:30-6:00pm- Dinner
6:00-8:30pm- 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- Van ride to rink
8:00-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:00am- Off ice training
12:00-12:30am- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00pm- Off ice training
4:00-4:30pm- Van ride to hotel
4:30-6:00pm- Shower/ Down time/ swimming
6:00-6:30pm- Dinner
6:30-8:00pm- Team Building/ Chalk talk
8:00-9:00pm- Down time/ swimming
9:00-10:00pm- Shower/ Lights out

TUESDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Van ride to rink
8:00-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:00am- Off ice training
12:00-12:30am- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00pm- Van Ride to Waterpark
4:00-6:00pm- Water park
6:00-6:30pm- Van ride to Hotel
6:30-7:00pm- Dinner
7:00-7:30pm- Shower
7:30-9:00pm- Team Building/ Chalk Talk
9:00-10:00pm-Down time/ Lights out

WENESDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Van ride to rink
8:00-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:00am- Off ice training
12:00-12:30am- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00pm- Off ice training
4:00-4:30pm- Van ride to hotel
4:30-6:00pm- Shower/ Down time/ swimming
6:00-6:30pm- Dinner
6:30-8:00pm- Team Building/ Chalk talk
8:00-9:00pm- Down time/ swimming
9:00-10:00pm- Shower/ Lights out

THURSDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Van ride to rink
8:00-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:00am- Off ice training
12:00-12:30am- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00pm- Off ice training
4:00-4:30pm- Van ride to hotel
4:30-6:00pm- Shower/ Down time/ swimming
6:00-6:30pm- Dinner
6:30-8:00pm- Team Building/ Chalk talk
8:00-9:00pm- Down time/ swimming
9:00-10:00pm- Shower/ Lights out

FRIDAY

6:30-7:00am- Wake up/ Meet with Group
7:00-7:30am- Breakfast
7:30-8:00am- Van ride to rink
8:00-8:30am- Dynamic Stretch
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:00am- Off ice training
12:00-12:30am- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00pm- Van back to Hotel
4:00pm- Check out Hotel

ATTENDENCE TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY VERNON NJ DAY CAMP ITINERARY



MONDAY

8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- Lunch at rink

12:30-1:00pm- Locker room

1:00-3:00pm- ON ICE

3:00-3:30pm- Locker room

3:30-4:00pm- Off ice training

4:00pm- Check out

TUESDAY

8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- Lunch at rink

12:30-1:00pm- Locker room

1:00-3:00pm- ON ICE

3:00-3:30pm- Locker room

3:30-4:00pm- Off ice training

4:00pm- Check out

WENDESDAY

8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- Lunch at rink

12:30-1:00pm- Locker room

1:00-3:00pm- ON ICE

3:00-3:30pm- Locker room

3:30-4:00pm- Off ice training

4:00pm- Check out

THURSDAY

8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- Lunch at rink

12:30-1:00pm- Locker room

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3:00-3:30pm- Locker room

3:30-4:00pm- Off ice training

4:00pm- Check out

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11:30-12:00am- Off ice training

12:00-12:30am- Lunch at rink

12:30-1:00pm- Locker room

1:00-3:00pm- ON ICE

3:00-3:30pm- Locker room

3:30-4:00pm- Off Ice Training

4:00pm- Check out

ATTENDENCE TAKEN THROUGHOUT THE DAY