



JEFF SEROWIK'S

**2023 HOCKEY BOARDING
CAMP**

**@ MASS MARITIME
ACADEMY**

**PLAYER & PARENT
CAMP GUIDE**





HOCKEY BOARDING CAMP



FOCUSED



TEAMWORK



SPORTSMANSHIP



**ADVANCED
SKILLS
TRAINING**



DAILY BATTLING



GAME DAY FACES



A TYPICAL DAY IN PICTURES AT BOARDING CAMP



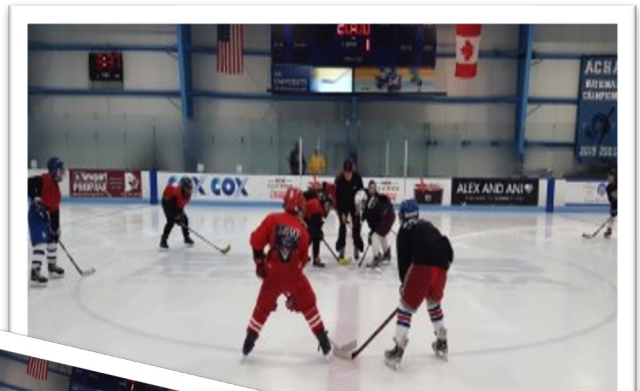


SNAP SHOTS FROM DRYLAND TRAINING





SNAP SHOTS FROM THE ICE





SNAP SHOTS FROM TEAM BUILDING





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MESSAGE FROM OWNER/ PRESIDENT JEFF SEROWIK

Dear Players and Parents,

I want to welcome you to the Pro Ambitions Hockey Summer Boarding Camp Program. Over the past twenty-five years, we have been perfecting our Boarding Camp Experience from our flagship boarding camp at Boston University to Milton Academy in Milton MA to several other locations throughout New England from the Kents Hill School in Kents Hill School, ME and at the UNE in Biddeford, ME, to boarding camp at Stratton Mtn and at Jay Peak, VT, to our one of a kind Hockey / surf camp at the URI in Kingston, RI down to the Mid-Atlantic states to our Vernon NJ boarding camps to the Mid-West with previous camps at Shattuck St Mary's in Minnesota to Steamboat, CO to the West coast in Lake Tahoe, CA.

Now, to our latest Boarding Camp Experience at the Mass Maritime Academy in Buzzards Bay, Cape Cod, MA.

My professionally trained staff of instructors and counselors come from all across North America. Each PA staff member has been hand picked for his/her vast hockey knowledge and experience of the game of ice hockey as well as their ability to work with, train and care for youth players. Once hired, each member of my staff goes through a specifically designed training program for my camps. Pro Ambitions Hockey is committed to providing strong leadership, professional instruction and personal care in a positive atmosphere that reflects respect towards each of our campers.

We are looking forward to meeting and working with your children this summer at one of our Pro Ambitions Hockey boarding camps. Plan for your children to have an amazing summer hockey camp experience this summer at Pro Ambitions Hockey!

Best Regards,
Jeff Serowik
Owner and President
Pro Ambitions Hockey



MISSION STATEMENT

MISSION STATEMENT

Pro Ambitions Hockey Camps strive to provide each of our camps with an unparalleled opportunity for every player to learn and develop the latest and most advanced hockey skills, techniques, and habits

PHILOSOPHY

The Pro Ambitions Hockey philosophy regarding skill development and training has always been to enhance each player's love and passion for the game. Through skill development that will develop, educate and challenge each player, in a fun, yet positive and safe environment.

GOALS AND OBJECTIVES

The Goal of Pro Ambitions Hockey is to provide a complete on and off ice hockey training camp experience, with a strong emphasis placed on unsurpassed service provided by its professional staff. Below are many of the attributes of the Pro Ambition Hockey Experience...

To provide...

- A fun, yet challenging atmosphere for each camper.
- Each player with an interesting, intensive, and specialized instructional program that places focus and importance in each area of the game of ice hockey.
- To build lasting friendships with the campers based on personal respect, athletic compatibility and common experiences.
- To teach and expose campers to positive characteristics and traits, such as, leadership, trust, teamwork, hard work, positive self-image, taking responsibility for one's own decisions, actions, and behavior both on and off the ice.
- To teach and emphasize the importance of sportsmanship and fair play.
- To emphasize the importance of a positive attitude toward coaches, referees, and their opponents.



INTRODUCTION TO THE PRO AMBITIONS HOCKEY MASS MARITIME BOARDING CAMP



THE PRO AMBITIONS HOCKEY BOARDING CAMP EXPERIENCE

Welcome to Pro Ambitions Hockey's Newest boarding camp experience... Pro Ambitions Hockey at the Mass Maritime Academy. This camp looks to be a huge success as it offers **World Class** ice hockey training and development in an incredible state of the art facilities at... the Mass Maritime Academy.





MESSAGE FROM THE BOARDING CAMP DIRECTOR

Dear Parents and Players,

I would like to take this opportunity to welcome you to the 2023 Pro Ambitions Hockey Boarding Camp at the Mass Maritime Academy in Cape Cod MA. My name is Reggie Hebert, I am one of the Camp Directors that will be at this Pro Ambitions Hockey Boarding camp. This will be my 20th season directing camps for Pro Ambitions Hockey. The other Camp Director will be Henry Berger. Henry has been with Pro Ambitions Hockey for over 10 Seasons, as well. That's over 30 years of Hockey Development Experience!

Parents, we want to ensure you that the safety and well-being of your child/ children is our number one priority. Both Henry and I work with Pro Ambitions Hockey year-round. So, during the off-season, we are working with Jeff Serowik to update, improve and develop the total Pro Ambitions Hockey summer camp experience both on and off the ice. This includes our staff training that we use to ensure that all of our day and boarding camp staffs have all been properly trained and are prepared in the following areas; on and off ice hockey training and development, first aid, emergency response, dorm life, and working with and caring for children.

Players, we hope you are excited and ready for a truly unique hockey development experience at this Pro Ambitions Hockey camp. Pro Ambitions Hockey prides itself with its attention to detail from the on and off ice skills development to the off-ice conditioning to introducing and developing mental and team building skills. Your week at this Pro Ambitions Hockey Camp will be challenging, it will push you out of your comfort zone. But it will also be fun and in the end rewarding. As you will feel more confident in your ability to apply and adapt your hockey skills in any game situation.

Pro Ambitions Hockey has put together this guide for the benefit of the parents and players/ campers. Our hope is that this guide will give both the parents and the players/ campers a better understanding of what to expect at this boarding camp and what Pro Ambitions Hockey expects from each of its boarding campers.

Please spend some time before camp to go through this guide with your child/ children. Most everything that parents and players/ campers will need to know about this Pro Ambitions Hockey boarding camp from packing and prepping for the camp to check in, to the training on and off the ice to to the boarding/dorm life at the Mass Maritime Academy to check out will be contained in this guide. If there is anything that has not been answered, I encourage you to contact me and/ or the PA office for more information.

I am looking forward to meeting you and working with your child/ children this coming summer. See you soon!

Thank you,
Reggie Hebert
Phone: (781) 608-1213
Email: reggiehebert@hotmail.com

Henry Berger
Phone: (909) 203-0952
Email: henry@proambitions.com



QUESTIONS REGARDING PRE-CAMP PREPARATION AND CONTACT

Q: What is the purpose of this camp guide and what does it contain??

A: This is the Pro Ambitions Hockey Boarding camp guide. We've put this guide together for the purpose of hopefully answering many of the questions and concerns that parents and players may have prior to the start of the camp while preparing for camp. This guide contains camp information that will help parents and players better understand what to expect at camp and what will be expected of each camper.

Q: Prior to the start of camp, if I have questions regarding the camp, who should I contact at Pro Ambitions Hockey?

A: If you have unanswered questions prior to the start of camp... please feel free to contact the Pro Ambitions Hockey Head office. All of the Pro Ambitions Hockey contact information can be found on our website, <http://www.proambitions.com>.

Q: Once camp begins, who should I contact if I have questions regarding my child's camp?

A: Once camp begins, you can always contact the Head Office. But the quickest way to address all your questions and concerns pertaining to your child's camp at the Mass Maritime Academy, would be to contact the Camp Director who is on sight at the camp. The Camp Director can be reached directly via cell phone and/ or email. Their contact info will be available at check in.

Please keep in mind that the Camp Director is on the ice and attends all camp activities each day. So they might not be able to answer/ respond to your call/ email immediately. But they will return all voicemails and emails as soon as possible (within 24 HRS).

Q: What should we do to begin to prepare for my child's upcoming boarding camp?

A: Start by going through the guide with your child. If you have any further questions and/ or concerns, please contact us at Pro Ambitions Hockey. We can answer any unanswered questions you may have before the start of the camp.

Make sure to fill out all paperwork and send in as soon as possible (registration/ health forms/ liability waiver/ roommate request sheet). As well as letting us know if your child has any food allergies, special dietary requirements or any other unique daily requirements or instructions.

Players should be active prior to coming to camp. Getting on a Pre-camp program that includes; stretching, warming up, weight or body weight training, explosive training, shooting, and puck handling training would be beneficial to their camp experience.



CAMP CHECK IN DATES/ TIMES AND LOCATION

Q: How do I find out when my child needs to be at camp?

A: Drop off and pick up times will be provided (Below) in this guide as well as on the website. Additional information will be sent out via email prior to the start of each camp week. Below are the check in and checkout dates, times and location for both Week One and Week Two of the PRO AMBITIONS HOCKEY CAMPS AT THE MASS MARITIME ACADEMY...

WEEK ONE: June 26 to July 1, 2023

CHECK IN DATE and TIME: Monday June 26 from 4:00 to 5:00PM at the football field

CHECK OUT: Saturday July 1 between 4:00-4:30PM

WEEK TWO: July 2-7, 2023

CHECK IN DATE and TIME: Sunday July 2 from 4:00 to 5:00PM at the football field

CHECK OUT: Friday, July 7 between 4:00-4:30PM

****Any changes to these times and/ or dates will be updated on the website as well as communicated to parents and players via email.***

Q: What if I am unable to bring my child to camp or pick them up at the end of the camp week? Does Pro Ambitions Hockey offer any type of transportation to and from camp?

A: Unfortunately, Pro Ambitions Hockey is unable to provide any type of pick up and/or drop off services. There are many different local transportation services that work in the Greater Boston - Cape Cod area as well as throughout the Greater New England area. Parents must take care of all drop off and pick up transportation needs for getting their child to and from the camp.

Q: What if my child is being dropped off by a transportation service, can they be dropped off earlier than the 4PM check-in time?

A: Special arrangements can be made (**ONLY**) for campers that are being dropped off by a transportation company prior to the 4pm check in starting time. But parents must pre-arrange an early drop off with Pro Ambitions Hockey administration prior to the start of camp.

Mass Maritime Academy does not permit unattended campers to be left at the campus. Nor do they offer or provide any type of services to accommodate campers before the start or after the finish of the PA Hockey hockey camp.

Q: What if I can't drop my child off until after 5:00PM?

A: At 5:00PM the camp officially begins, parents should contact the Camp Director and let them know that they are running late and give them an ETA as to when they will arrive at camp. This will allow the Camp Director to make the necessary arrangements to check in the camper(s).



QUESTIONS REGARDING CHECK IN AND CHECK OUT

Q: What is the check-in procedure at a Pro Ambitions Hockey boarding camp?

A: Parents and campers can begin to check in at 4pm at the football field. Campers will bring all of the living and hockey gear to the field. Hockey gear will be transported to the rink prior to the first camp skate. All hockey gear will stay at rink until the last day of camp.

Once players are checked in at the football field, parents and campers will say their goodbyes at the field. From there, the Pro Ambitions Hockey and Mass Maritime Academy staff will take the campers over to the dorms and help them set themselves up in the dorms. This is a Mass Maritime Academy regulation.

Q: What Necessary Paperwork is needed to attend the Pro Ambitions Hockey Boarding Camp:

In the state of Massachusetts the following completed (and updated) paperwork is mandatory per Pro Ambitions Hockey and the Mass Board of Health;

Camp Registration forms

Physical and Health forms

Immunization Records

Liability Waiver

****Campers can not be checked-in until Pro Ambitions Hockey has received a copy of each of these required documents that has been completed, updated and signed.***

Q: Who do we leave our Child's medication with at check-in? Can they hold on to their medication?

A: All medication (**prescription and over the counter**) must be handed in to the nurse or health care provider at check-in. This includes inhalers and over the counter meds such as pain relief medicine. Per MA Board of Health all medication and administering of medication both Prescription and over the counter must be recorded by the Pro Ambitions Hockey nurse/ health care provider (this includes pain relief medicine). We recommend that parents pack two inhalers one to hand in at check in and the other for the camper to hold on to during camp. All other medicine must be handed in at checked in.

Q: Does my child need spending money for the week?

A: We recommend that you leave your child some extra money for the week. There are not many opportunities to spend money, but campers do like to order food at night and/or get snacks during the day at the rink. The amount varies on average between \$50 and \$100.



QUESTIONS REGARDING CHECK IN AND CHECK OUT

Q: What is the Pro Ambitions Bank? Pro Ambitions Hockey offers a free of charge banking service that will ensure parents that their child's money will not get lost, stolen or all spent before the end of the week. At check in, we collect, track and distribute each camper's personal money throughout the week. Your child will have several opportunities to access their money each day.

**** Mass Maritime Academy, Pro Ambitions Hockey Inc and staff are not responsible for any money lost or stolen that campers decide to hold on to during the week. Campers are responsible for all money in their possession during the camping week.***

Q: Can we change our child's rooming assignment at check-in?

A: No, once we submit our dorm rooming assignments to the Mass Maritime Housing Management, we are unable to change the room assignments. We try to avoid this at check-in, by sending out the roommate request form as early as possible. We do our very best in trying to accommodate and comply with all of the rooming requests.

Q: Can my child or I purchase Pro Ambitions Hockey gear at the boarding camps?

A: All Pro Ambitions Hockey gear can be purchased online at the PA website... proambitions.com.

Q: When will my child receive his camp hockey jersey and any other camp gear or training devices?

A: Pro Ambition Hockey jerseys will be handed out at check in or at the rink prior to the first skate. Training gear ordered prior to the start of camp will also be handed out at check in or at the rink.

Q: Is it possible to get a copy of my child's camp schedule/ itinerary?

A: Yes, a copy will be attached at the end of this booklet and copies will also be available at check in.

Q: What time is check out?

A: Below are the check out times for each camp week...

WEEK ONE: Saturday between 4-5PM

WEEK TWO: Friday between 4-5PM

Q: May I have another family member or friend pick up my child at check out on Friday or early during the week?

A: Yes, but arrangements must be made in advance with the Pro Ambitions Hockey Administration and/ or Camp Director. A photo ID is required by all non-parent or legal guardians picking up campers at check out.



QUESTIONS REGARDING BOARDING AND DORM CONCERNS

Q: What are the dorm/ residence living quarters like at the Mass Maritime Academy Pro Ambitions Hockey camp?

A: We will be staying in the dorms on the Mass Maritime Academy campus. The dorms are modern and clean. But keep in mind that they are similar to a college dormitory with only the basic room necessities that are provided by the Mass Maritime Housing; Bed, mattress, bureau, desk, chair, mattress. Campers must bring their own pillow, linens, blanket, towel, and a fan.

Q: Is the dorm airconditioned?

A: The dorm is not air conditioned. Campers are allowed to bring fans for their rooms. Campers **are not** allowed to bring any type of air conditioning units.

Q: Are campers allowed to bring mini frigs or microwaves?

A: No, Campers **are not** allowed to bring any type of refrigerators or microwaves for their rooms.

Q: Are campers allowed to bring tv's?

A: No, campers **are not** allowed to bring tv's.

Q: Is there wifi in the dorms?

A: Yes, there is wifi throughout the dorms. Campers can bring their laptops, tablets, smart phones. But they are responsible for these items at all times during their stay at camp. Pro Ambitions Hockey and the Mass Maritime Academy are not responsible for loss, theft and/ or damage to any of these items.

Q: What kind of adult supervision is provided in the dorms?

A: At our Mass Maritime boarding camp, there is 24-hour supervision by the Pro Ambitions Hockey staff. The safety and well-being of each of our campers and staff is our number one priority and we take tremendous pride in this detail. Pro Ambitions staff will be boarding in the dorms and on the same floors with the campers. This allows us to always have supervision and a staff presence on each floor at all times. All Pro Ambitions Hockey staff have gone through a thorough background check that includes; CORI, SORI, NBI certified. They also have been medically cleared to be in camp. Each instructor/ counselor goes through our online boarding camp training program before working at our boarding camps.

The Mass Maritime Academy has 24 hour on call security staff to handle any concerns and emergencies. Mass Maritime also has medical staff on campus every day.



QUESTIONS REGARDING BOARDING AND DORM CONCERNS

Q: Are the camper's doors locked at night and during the day?

A: At Mass Maritime Academy, the dorm room doors have locks, each camper will receive a key card that will unlock their door.

Q: Do campers have to turn in the key cards at the end the camp week?

A: Yes, Campers must turn in the key card at the end of the camp week. Parents/ campers will be charged \$50.00 by Mass Maritime Academy for key cards that are lost or not turned in at the end of the week.

Q: Are campers allowed to leave the dormitories or campus unsupervised?

A: No, there is very little down time during the day for campers to go wandering around the campus. Campers are given an opportunity to hang out in the common areas of the dorms and the other dorm rooms until lights out. Male and female campers are not allowed to hangout in opposite sex dorm rooms. All campers must be in their own dorm rooms at and after lights out is called.

*** *Campers that wander out of the dorms at night or wander off away from the camp during any part of the day or night are subject to being sent home early from camp.***

Q: Can we pick our child up for lunch or dinner during the camp week?

A: Yes, campers can be picked up by their parents and taken out to lunch and/ or dinner, etc. We ask that parents to make sure to contact Pro Ambitions Hockey Head office prior to the start of camp or during the camp week to contact the Camp Director (directly) to make arrangements to pick up and drop off their child at camp.

Q: Can our camper go out with another camper and his/her parents for lunch or dinner during the camp week?

A: Yes, campers can leave the camp with other campers and their parents with written permission or parental consent over the phone. Once again, any mid week family/ friend off campus excursions must be pre-arranged with the PA admin and the Head instructor.

*** *We don't recommend pulling a camper(s) out of camp unless it is necessary as the camp week goes by very quickly and they miss out on camp/ team activities.***



QUESTIONS REGARDING PA STAFF AND SAFETY PROTOCOL

Q: What type of background check and training does the PA Staff receive?

A: Pro Ambitions Hockey hires the most professional, responsible and caring staff members each summer. Each potential PA staff member goes through an extensive background check before being hired (including both SORI, CORI & NBI checks). Once a potential candidate passes the background check, they are trained both online and through several instructor orientations that are held prior to the beginning of each summer camp season. From there only the best candidates are chosen to work for Pro Ambitions Hockey Boarding camps. The Pro Ambitions Hockey Boarding camp instructors/counselors go through additional online training and boarding camp orientations prior to the start of each PA boarding camp.

Q: What type of safety protocol is in place at the Pro Ambitions Hockey Boarding camp?

A: To comply with both state and Federal laws, Pro Ambitions Hockey has developed a comprehensive set of procedures based on the guidelines set down by both state and Federal governing bodies. For more information regarding the Pro Ambitions Hockey Emergency Procedures and protocol please contact us at proambitions.com.



QUESTIONS REGARDING TRAINING ON ICE AND OFF ICE

Q: How many hours of on ice training do the campers receive each day at the boarding camp?

A: At this Pro Ambitions Hockey camp, the campers get 20 hours of on ice training, which is broken down to 2-2 hour sessions or 4 hours each day.

Q: Are parents allowed to watch the on-ice sessions?

A: Yes, parents are allowed to watch the on-ice sessions as often as they want. We are on a very tight schedule, so we ask that parents do not come down to the locker rooms after the on-ice sessions.

Q: What is the on-ice player to instructor ratio?

A: There is never more than a 5 to 1 ratio.

Q: What type of on ice training system and methods does Pro Ambitions Hockey utilize at their camps?

A: Over the past 25 years, we have created and continue to develop our unique training curriculum/ experience that focuses on each of the major on ice skills/ battle components as well as adding an off- ice training experience that is found at no other boarding camp. The Pro Ambitions Hockey training system introducing, teaching and developing players through a building block method of training that focuses on training every aspect of each skill from the introduction, through development and finally it's utilization in game situation.

Q: What type of training do the goaltenders receive at this camp?

A: The goaltending camp features professional goalie coaches from our top-notch Goaltending School.



QUESTIONS REGARDING MEDICAL AND HEALTH CONCERNS

Pro Ambitions Hockey has an extensive medical/ emergency protocol of policy and procedures for each and every situation. For a more in depth look at our Medical and emergency protocol please contact the Pro Ambitions Hockey administration.

Q: What type of medical response does Pro Ambitions Hockey provide at their boarding camp?

A: Pro Ambitions Hockey has a medical response system in place at each of its boarding camp locations to respond to all medical situation that may occur during camp. Each boarding camp has a camp nurse or a health care supervisor trained and certified in first aid and CPR to handle potential medical situations. There is also a medical facility on campus that is staffed during the summer months. Pro Ambitions Hockey also has a medical emergency response protocol with each boarding camp site.

Q: What do I do with my child's medication?

A: Campers are not allowed to medicate themselves.

Parents should report and hand in all Medication- All medication's both prescribed and over the counter medications must be reported and hand in to the Pro Ambitions Hockey nurse and/or the health care supervisor at check in. All medication must be in a labeled container, with the name of the camper, name of the medication, what it is for and instructions on how to administer it. All medication must be stored and secured with the nurse or the health care supervisor.

Administering Medication- Camper's must not take any medication without the camp nurse or camp health care supervisor knowledge as all administered medications must be recorded in the camp medical logbook. Instructor/ counselors are not permitted to administer or supervise the taking of any type of medication to/ by campers. There fore it is necessary that only the nurse and/ or the camp health care supervisor administer, supervise or hand out any and all types of medications to campers.

- Campers are allowed to keep and carry their emergency inhalers with them. It is recommended that parents bring extra inhalers.

All camper/ parents when arriving with medication must hand in medication and instructions to nurse/ health care supervisor.

- All Pro Ambitions Hockey Head instructors are certified in First Aid and CPR response.

Q: Are campers allowed to hold on to and share over the counter medications with other campers?

A: No, and No, all medications including over the counter pain relief meds must be handed in to PA nurse/ health care supervisor. All medication that is administered at camp must be administered or supervised and documented by the camp nurse/ healthcare supervisor.

*** Campers should never share medication even over the counter medication with another camper?**



QUESTIONS REGARDING MEDICAL AND HEALTH CONCERNS

Q: Will I be contacted in the event of an emergency or other serious medical situation?

A: Yes, in the event of a medical emergency or any medical situation involving a camper. The PA nurse or Health care supervisor on location will contact and notify the parents/ guardian of the situation and/ or the child's condition as soon as it is possible. If the parents cannot be reached immediately someone from the PA administration will contact parents/ guardians of situation.

Emergency situations or walk in visits- If it is determined that a student needs emergency or even walk in medical attention by a doctor, the camper will be taken by the nurse/ health care supervisor and a member of the PA staff to a local medical clinic or hospital. The nurse or Health care supervisor will immediately attempt to contact the parents/ guardians of the camper.

GENERAL ORDER FOR FIRST AID

ILLNESS- If a camper becomes ill the camp nurse or health care supervisor will first isolate the camper and determine after examining the camper whether the camper needs further medical attention (visit emergency room or medical facility). The nurse/ health care supervisor or Camp Director will contact parents regarding child's condition and treatment. If a parent or guardian can not be reached the emergency contact on the health form will be contacted.

ACCIDENT OR SERIOUS ILLNESS- A parent/ guardian will be immediately contacted by phone regarding any and all injuries and/ or illnesses to their child. The nurse or health care supervisor will contact parents regarding child's condition and treatment. If a parent or guardian can not be reached the emergency contact on the health form will be contacted.

NUTRITION/ REST/ HYGENE

All Campers will take care of themselves throughout the week- Campers need to eat, get rest and take care of themselves throughout the week. Meal times are mandatory and campers should try to make healthy food choices. Rest and sleep is needed as this camp runs throughout each day with many highly active activities. We are going from early in the morning until well after dinner. Campers need to get their rest. Taking care of themselves includes proper hygiene, changing their clothes, showering, brushing their teeth, washing their hands. The staff is there to help and remind campers to take care of themselves. But ultimately it is up to the campers to take care of themselves.

Special Dietary Needs- Make sure to contact the Pro Ambitions Hockey Admin as soon as possible regarding any special dietary needs or dietary restrictions that your child may have at the time of the camp. It is important that we have all necessary info to relay to the dining hall and rink catering.



CAMP RULES REGARDING DORMS

- 1. Campers check out or leaving camp-** Campers are not permitted to leave a Pro Ambitions Hockey camp without parental consent, proper paperwork and notification by their parent prior to the camper being checked out. Campers will not be permitted to leave with another family without written permission/ verbal consent from the parent/ guardian of the camper. Parents and guardians will be asked to provide a positive picture ID when picking up a camper before or during check out.
- 2. Lost and/or theft-** Campers should only bring necessary items for camp life... your camper's stay with us is short. Campers should remember to shut and lock their dorm room door when leaving for daily activities. We ask all campers at orientation to be respectful of other camper's property. Pro Ambitions Hockey is not responsible for any lost or stolen items. Any camper caught stealing or in possession of another camper's lost belongings/money will be immediately sent home.
- 4. Respect-** Each camper is expected to be on their best behavior at all times, during all Pro Ambition Hockey events on and off campus. We expect our campers to be respectful to each other, to the PA staff and to the employees of the Mass Maritime Academy campus, their guests as well as the people and patrons at the rink.
- 5. Zero Tolerance for Bullying-** Pro Ambitions Hockey has a zero-tolerance policy for harassment and/or bullying. Any camper involve in this type of this behavior will be sent home. Campers are given their one warning regarding bullying at the camp orientation on the first night.
- 6. Illegal Substances and/ or weapons in camp-** Campers are not permitted to have any type of illegal drugs, alcohol, tobacco products, lighters, matches or weapons of any sort. Camper caught with any of these products/ weapons will be sent home.
- 6. Care of Campus facilities and property-** Pro Ambitions Hockey staff and it's camper are all guest at each of the boarding camp locations. We have a great relationship and an impeccable reputation and record at each of our boarding camp locations. Campers are expected to take care of their dorm rooms and all property to the dormitories. Any damages done to the rooms will be charged to the camper/ families.
- 7. Cell phones-** Campers are allowed to have their cell phones at camp. Each camper is responsible for their cell phone at all times. We recommend that campers limit their cell phone use during the camp day. Campers that abuse the camp cell phone policy will have their cell phones confiscated and kept until the end of the day.
- 8. Emergencies-** If a parent needs to contact their child and can't get through to them during the day. They should contact the Camp Director on site. Contact information will be made available camp at check in. The Camp Director will then have your child contact you. In the case of a camp type emergency, parents of the campers involved in the situation will be immediately contacted by the camp nurse, Camp Director or Pro Ambitions Hockey administration.



CAMP RULES REGARDING DINING HALL

Meal Time Schedule- We will be eating each of our breakfasts and dinners at the Mass Maritime Academy dining Hall and eating lunch each day at the rink.

Ready for day activities prior to going to Breakfast- The camp has very little time in between meals and activities. Each morning after breakfast the campers will be transported to the rink to start their daily training. Therefore, campers will need to have everything ready to head over the rink right after breakfast.

Mealtime Head Counts- Before heading over to the dining hall for each meal, there will be a head count. At breakfast and dinner, all campers will meet in the lounge at the dorm for the head count. At lunch time campers and staff will meet in the lobby of the rink after changing for the head count before having lunch at the rink.

All Campers will sit together in a designated area- Campers will sit with their groups and their group leader for meals. This allows PA staff to monitor and supervise campers in the dining Hall and at the rink. Each PA Staff member will get a head count of the campers in their group at each meal.

No horsing around in dining hall- The dining hall is typically busy during our stay on campus. The dining hall management has very specific rules and regulations regarding the behavior of all of its patrons. Campers are not allowed to... run around inside the dining hall, throw food, be disruptive. The dining hall has staff monitoring the dining area at all times.

Respectful Behavior from all PA campers- All PA campers and staff are expected to behave and act in a respectful manner at all times to all Mass Maritime Academy staff and other guest.

Eating/ Dietary Restrictions- Please make sure to inform the Pro Ambitions Head office if your child has any dietary restrictions. With advanced notice we can make sure that the dining hall services are capable in handling your child's dietary restrictions and/ or needs..

Healthy Eating Habits- The dining service at Mass Maritime Academy offer a variety of options at each meal. We can't force campers to eat healthy. But we will recommend some healthy choices at each meal to the campers.

Clean up- All campers are expected to clean up their plates and utensils after each meal. Campers are also expected to help their group clean up their table/ area if needed after each meal.

No food outside of the dining hall- Campers can eat as much food as they want at each meal. There are always multiple options to choose from at each meal. But campers are not allowed to take food, plates, cups and/ or utensils out of the dining hall at any time.

Head Count After Meals- After each meal, once the campers have exited the dining hall, the PA staff will conduct a head count before heading to the next activity.

Lunch time at the rink- Lunch will be served at the rink each day. The same rules apply at the rink during lunch that apply in the dining hall on the Mass Maritime Academy.



CAMP RULES REGARDING BUS RIDE

All Campers will be ready to go each day- We have a very tight schedule each day. All campers must be ready to go on time. Each day right after breakfast, we will be heading over to the rink. Campers should plan to bring everything they need for the day over to breakfast with them. **Camper's Money-** Campers that are having Pro Ambitions Hockey hold their spending money can get their money at breakfast or at the rink.

Ride to Rink Head Count- We do a head count once we get on the bus and/or vans. The second is head count will be once we have the entire camp at the rink. We will repeat the head counts on the way back to the dorms, once on the bus/ vans and a last head count at the dorms.

Behavior on the bus ride- No screaming, jumping around during the bus ride. All campers are expected to keep noise to a minimum and stay seated for the duration of trip to and from the rink.

Bus Clean up- Each Camper is responsible for keeping their seating area clean and is expected to help out if needed when the campers are exiting the bus.

Listening and Following Directions- All campers are expected to follow the directions of the Camp Director, PA staff, at all times throughout the day.

Campers are expected to be on their best behavior and respectful to other people at the rink- There are always other people at the rink other camps and/ or groups using the rink. We are guest and want to continue to be welcomed guest at the rink.

All campers will help keep and clean up the locker rooms each day- Each camper is a part of the camp. We expect everyone to pitch in and help out with the clean up when leaving the rink for the day.

20 Minute warning- The staff will give the campers a 20 minute warning, prior to starting to pack everything up for the day. This is when campers start to pack up all their belongings. Once we are all set we will head out to bus.

11. Campers are Responsible for their Belongings- Each camper is responsible for what ever they bring to the rink. This includes their hockey gear, off ice gear, change of clothes, their money, their cell phones, ear pods, etc.



CAMP RULES ICE ARENA

- 1. All Campers will behave themselves and be respectful to staff and patrons at the Bourne Arena-** The camp will be spending considerable time at the arena during the week both on and off the ice. Campers are expected to be at their best behavior throughout the day.
- 2. All campers must be respectful of all of the property and equipment at the Arena-** Campers should not be horsing around, shooting pucks or balls in the lobbies of the arena. Campers will clean up their area as well as help out to keep the locker rooms and training areas within the arena clean.
- 3. All campers are expected to listen and follow direction of PA staff at rink-** After each on ice sessions, campers will be instructed to sit in the lobby and wait for the rest of the campers to exit the locker rooms.
- 4. Campers are expected to take care of their own equipment-** Campers are expected to take care of all of their equipment throughout the week. During the day players will be allowed to keep their gear in the locker rooms to dry out. After the evening skate the players will need to move their gear to a specified area for the night.
- 5. Campers are expected to respectful to one another on the ice, in the locker rooms and off the ice-** Bullying and intimidating other campers will not be tolerated. Everyone will receive one warning on Sunday evening at orientation. Players will be warned of excessive body contact or what is deemed by the Camp Director as dangerous play. Players that continue to play this way may be removed for the remainder of the session. Our goal is that everyone has a safe week and great camp experience.
- 6. Campers are expected to dress and participate in all on and off ice sessions-** Unless the nurse, health care provider and/or Camp Director determine that a player should not participate in activities due to health or disciplinary reasons.



QUESTIONS REGARDING WHAT TO PACK

Q: What clothing and other items should we pack for a week-long boarding camp?

A: You should pack your child the following items...

CLOTHING:

1. Underwear- 10-12 pairs
2. Socks- 10-12 pairs
3. Shorts- 6-8 pairs
4. T-shirts- 8-10 shirts
5. Long sleeve shirt- 1-2 shirts
6. Sweatpants- 1-2 pair of pants
7. Running shoes- 1 pair
8. Sandals- 1 pair (optional)
9. Swimsuit- 1-2 pairs (optional)
10. Baseball cap- 1 hat
11. Light jacket or sweatshirt- 1
12. Sunglasses

TOILETRIES:

1. Shampoo- 1 bottle
2. Soap- 1 bar
3. Toothbrush and toothpaste tube
4. Sun block- 1 large tube
5. Bath towel- 1-2 large bath towels
6. Beach towels- 1-2
7. Laundry bag- 1 bag

DORM:

1. Bed linens/ blanket
2. Pillow
3. Alarm clock

THE MASS MARITIME ACADEMY WILL PROVIDE THE FOLLOWING:

1. Bed and Mattress
2. Dresser

HOCKEY GEAR:

1. Skates- 1 pair
2. Hockey gloves- 1 pair
3. Shin pad- 1 pair
4. Shoulder pads- 1 pair
5. Elbow pads- 1 pair
6. Helmet- 1 w/full cage
7. Hockey pants- 1 pair
8. Cup and supporter- 1
9. Hockey socks- 1-2 pairs
10. Hockey jersey- 1 PA jersey
11. Under armor- 1-2 sets
12. Ice hockey stick 1-2 sticks
13. Street hockey stick- 1 stick

HOCKEY EXTRAS:

1. Skate laces- 1 set
2. Water bottle- 1-2 bottles
3. Tape rolls- 1 of each
4. Under armor garment bag

OPTIONAL ITEMS:

1. Sleeping bag (Optional)
2. Cell phone (Optional)
3. Earphones (Optional)
4. Fans

CAMPERS CANNOT BRING THE FOLLOWING ITEMS:

1. Refrigerators
2. Microwaves
3. Air conditioners

CAMP ITINERARIES



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



MONDAY JUNE 21

4:00-5:00pm – Check in at Mass Maritime Academy
5:00-5:30pm- Camp Orientation
5:30-6:00pm- Dinner
6:00-7:00pm- Team Building
6:30-7:00pm- Locker room
7:00-8:00pm- Field games
8:00-9:00pm- Small Groups
9:00-10:00pm- Down time/ Showers and relax
10:00pm-6:30am- Quiet Time- Everyone in their own room

TUESDAY

6:15 -6:30am- Wake up and Line up
6:30-7:00am- Breakfast
7:00-7:30am- Bus to rink
7:30-8:00am- Locker room
8:00-10:00am- On Ice Session
10:00-10:20AM- Locker room
10:20-11:00pm- Off Ice Training
11:00-11:30pm- Lunch
11:30-12:00pm- Locker room
12:00-2:00pm- On Ice Session
2:00- 2:20pm- Locker room
2:20-4:00pm- Off Ice Training
4:00-4:30pm- Board Bus/ Head Back to dorm
4:30-5:30pm- Shower/ Relax
5:30-6:00pm- Dinner
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2:00- 2:20pm- Locker room
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4:00-4:30pm- Board Bus/ Head Back to dorm
4:30pm- Check out at Mass Maritime

**ATTENDENCE IS TAKEN THROUGHOUT
THE DAY**



PRO AMBITIONS HOCKEY, INC
BATTLE BOARDING CAMP
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10:00-12:00pm- On Ice Session
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Dynamic Warm up and Stretch
1:30- 2:00pm- Locker room
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5:00pm- Check out



We at Pro Ambitions Hockey hope that you have found this guide to our Boarding Camp at the Mass Maritime Academy to be helpful.

Please feel free to contact Pro Ambitions Hockey, Inc. at any time; before, during and/or after the camp. If you have any unanswered questions and concerns and/ or comments regarding this camp.

We are looking forward to meeting you and your camper(s) and having a great week at the Pro Ambitions Hockey Boarding Camp at Mass Maritime Academy this summer!

