



PRO AMBITIONS HOCKEY, INC
HOCKEY SURF BOARDING CAMP
JULY 2-7, 2023 @ Univ of RHODE ISLAND



SUNDAY

3:00-5:00pm –Check in at dorm and then at rink
5:00-5:30pm- Camp Orientation at dorm
5:30-6:00pm- Dinner
6:00-7:00pm- Off Ice Training @ rink
8:00-9:00pm- Ice Breakers/ Team Building
9:00-9:15pm- Hike to dorm/ Chalk Talk/ Team Building
9:15-10:00pm- Shower/ Down Time
10:00pm-6:30am- Quiet Time- Everyone in their own room

MONDAY

6:45-7:00am- Wake up and Line up
7:00-7:30am- Breakfast
7:30-8:30am- Hike to rink/ Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- BODY CONTACT/ SKATING SKILLS
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to dorm
5:00-5:30pm- Shower/ Relax
5:30-6:00pm- Dinner
6:00-6:30pm Hike to Rink/ Dynamic warm up
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE- DEF HOCKEY/ TEAM PRACTICE
8:00-8:30pm- Locker room
8:30-9:30pm- Chalk Talk/ Team Building/ Hike to Dorm
9:30-10:00pm- Shower/ Down Time
10:15pm-6:30am- Quiet Time- Everyone in their own room

TUESDAY

6:45-7:00am- Wake up and Line up
7:00-7:30am- Breakfast
7:30-8:30am- Hike to rink/ Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- PUCKHANDLING & PROTECTION, PASS
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to dorm
5:00-5:30pm- Shower/ Relax
5:30-6:00pm- Dinner
6:00-6:30pm Hike to Rink/ Dynamic warm up
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE- OFF HOCKEY / TEAM PRACTICE
8:00-8:30pm- Locker room
8:30-9:30pm- Hike to dorm/ Chalk Talk/ Team Building
9:30-10:15pm- Shower/ Down Time
10:15pm-6:30am- Quiet Time- Everyone in their own room

WEDNESDAY

6:45-7:00am- Wake up and Line up
7:00-7:30am- Breakfast
7:30-8:30am- Hike to rink/ Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- ANGLING/ GAP CONTROL
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to dorm
5:00-5:30pm- Shower/ Relax
5:30-6:00pm- Dinner
6:00-6:30pm Hike to Rink/ Dynamic warm up
6:30-7:00pm- Locker room
7:00-8:00pm- / TEAM PRACTICE
8:00-8:30pm- Locker room
8:30-9:30pm- Hike to dorm/ Chalk Talk/ Team Building
9:30-10:15pm- Shower/ Down Time
10:15pm-6:30am- Quiet Time- Everyone in their own room

THURSDAY

6:45-7:00am- Wake up and Line up
7:00-7:30am- Breakfast
7:30-8:30am- Hike to rink/ Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- MULTI PLAYER BATTLES/ SM AREA GAMES
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to dorm
5:00-5:30pm- Shower/ Relax
5:30-6:00pm- Dinner
6:00-6:30pm Hike to Rink/ Dynamic warm up
6:30-7:00pm- Locker room
7:00-8:00pm- 3v3 TOURNEY/ TEAM PRACTICE
8:00-8:30pm- Locker room
8:30-9:30pm- Hike to dorm/ Team Building
9:30-10:15pm- Shower/ Down Time
10:15pm-6:30am- Quiet Time- Everyone in their own room

FRIDAY

6:45-7:00am- Wake up and Line up
7:00-7:30am- Breakfast
7:30-8:30am- Hike to rink/ Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- GAME HABITS/ CONCEPTS
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30- Hike to Rink/ Dynamic Warm up
12:30-1:00pm- Locker room
1:00-3:00pm- SKILLS COMPETITION/ ON ICE- PA CUP GAME
3:00-3:30pm- Locker room
3:00pm- PACK/ CHECK OUT

**ATTENDANCE IS TAKEN THROUGHOUT
THE DAY**



PRO AMBITIONS HOCKEY, INC
HOCKEY SURF DAY CAMP
JULY 2-7, 2023 @ Univ of RHODE ISLAND



MONDAY

7:30-7:45am- Drop off at Boss Arena
7:45- 8:30am- Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- BODY CONTACT/ SKATING SKILLS
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to rink
5:00-5:30pm- Pick up @ Boss Arena
6:30-7:00pm- Return to Rink/ Locker room
7:00-8:00pm- ON ICE- DEF HOCKEY/ TEAM PRACTICE
8:00-8:30pm- Locker room
8:30pm- Pick up @Boss Arena

TUESDAY

7:30-7:45am- Drop off at Boss Arena
7:45- 8:30am- Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- PUCKHANDLING & PROTECTION, PASS
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:15pm- Surf
4:15-5:00pm- Board Bus/ Head Back to rink
5:00-5:30pm- Pick up @ Boss Arena
6:30-7:00pm- Return to rink/ Locker room
7:00-8:00pm- ON ICE- DEF HOCKEY/ TEAM PRACTICE
8:00-8:30pm- Locker room
8:30pm- Pick up @Boss Arena

WEDNESDAY

7:30-7:45am- Drop off at Boss Arena
7:45- 8:30am- Dryland Training/ Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE- ANGLING/ GAP CONTROL
11:00-11:30AM- Locker room/ Hike to Dining Hall
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4:15-5:00pm- Board Bus/ Head Back to arena
5:00-5:30pm- Pick up @ Boss Arena
6:30-7:00pm- Return to rink/ Locker room
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12:00-12:30- Hike to Rink/ Dynamic Warm up
12:30-1:00pm- Locker room
1:00-3:00pm- SKILLS COMPETITION/ ON ICE- PA CUP GAME
3:00-3:30pm- Locker room
3:30pm- CHECK OUT @ Boss Arena

*** NO BEACH ON FRIDAY**

LIST TO BRING EACH DAY- DAY CAMPERS- Should bring the following things with them to camp each day...

ON ICE TRAINING

Entire set of hockey gear- **Day campers must bring their gear home at the end of the camp day.**

1-2 On ice hockey sticks
1 reusable Water bottle

OFF ICE TRAINING

Off ice training clothes (tee shirt, shorts, socks, sneakers)
1 off ice hockey stick

Baseball cap

Sunblock

1 reusable water bottle

Nutritious lunch or money to buy lunch

Healthy snacks

BEACH

Bathing suit

Rash Guard (Surfing wetsuit full or top)

Surfboard- Can rent from surfing instructor but must contact in advance to rent surfboard.

Snacks or spending money for beach

1-2 Beach towels

1 reusable water bottle

Backpack

Flip flops

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THE DAY**