**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
6:30-7:00pm - 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
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

**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 - 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 - BODY CONTACT / SKATING SKILLS
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

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

**ATTENDENCE IS TAKEN THROUGHOUT THE DAY**
### 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
- 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**: 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

### Thursday
- 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
- 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 arena
- **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

### Friday
- 7:30-7:45am: Drop off at Boss Arena
- 7:45-8:30am: Dryland Training/Dynamic Warm up
- 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
- **3:30pm**: 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)
- 0 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

### Attendance is Taken Throughout the Day