

# PRO AMBITIONS HOCKEY

2024 HOCKEY SURF CAMP  
@ URI PARENT INFO PACKET



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: [info@proambitions.com](mailto:info@proambitions.com)

## Welcome to the 2024 Pro Ambitions Hockey Summer Boarding Camp Experience!

### UNIVERSITY OF RHODE ISLAND

We hope your hockey season has been a healthy and successful one. We are really looking forward to this upcoming Summer camp season, to seeing the smiles on your child's face and watching the development in their skills and game.

Please keep this letter in a safe place, as it includes valuable instructions about the camp you registered for, as well as answers to most of your questions about the camp.

The following are a few items you will need to make your camp experience smooth and successful.

- 1. Boarding Camp Drop off and Pick up Info-** Make sure to take notice of the drop off and pick up times for your child's boarding camp.
- 2. Packing List-** Make sure to take notice of the packing list for your child's boarding camp.
- 3. Nutritional and Dietary Restrictions-** Let us know if your child has any specific nutritional and/ or dietary restrictions or guidelines.
- 4. Camper Medication Information-** For campers that require prescribed medication(s) during the camping week.
- 5. Roommate Request-** Make sure to fill out the roommate request, if your child is planning to stay with a specific camper.
- 7. Signed Waiver of Liability-** Make sure to fill out and sign the liability waiver. Pro Ambitions Hockey, Inc. must have a signed copy of the Liability Waiver on file before a player can go on the ice. This should have been done when registering for the camp. **NO EXCEPTIONS!**
- 8. Fourth of July Meal Options-** Make sure to fill this sheet out so that your child(dren) will have three meals for the fourth of July.
- 9. Beach and Surf Info-** Important beach information regarding surfing and the beach.





**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: [info@proambitions.com](mailto:info@proambitions.com)

Dear parents and Campers,

Welcome to Pro Ambitions Hockey, Inc. 2024! Below is additional information that you will need to know for the Pro Ambitions Hockey Boarding Camp programs...

**Boarding Camp Check-In-** Please make sure to check the date, time and location of your child's board camp check-in as some locations the check in day and times may varies from week to week.

**Boarding Camp Check-out and pick up-** Also please make sure to check the check-out/ pick up time at your child's camp. Please make sure to take into consideration afternoon traffic when leaving to pick up your child at the end of camp.

\* Pro Ambitions Hockey does not provide transportation to or from any of our camp locations.

**Check-in and Check-out Dates/ Times/ Locations:**

**Pro Ambitions Hockey: Hockey/ Surf Camp URI, Kingston, RI**

**Camp Week:** June 30- July 5, 2024

**Recommended check in procedure:** First check in at the Boss Arena, then check in at the Merrow Hall dorm

**Check-In:** Hockey Gear, Sunday, June 30, 2024, 3-5pm at Boss Arena, 1 Keaney Rd URI campus (Prior to checking your child in at the dorm)

**Check-in:** Sunday, June 30, 2024, 3-5pm at the Merrow Hall dorm on Butterfield Rd URI campus. (after checking hockey gear in at rink with Pro Ambitions Hockey staff)

**Check-Out:** Friday, July 5, 2024 4-5pm at the Merrow Hall dorm.

Please email Reggie Hebert at [reggie@proambitions.com](mailto:reggie@proambitions.com) or call us at (855)HKY-CAMP with any questions. We look forward to seeing you at camp this summer.

Best Wishes,

Jeff Serowik



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: info@proambitions.com

## **UNIVERSITY OF RHODE ISLAND: What to bring to your specific Pro Ambitions Hockey Boarding Camp...**

### **HOCKEY TRAINING**

**1. Full set of ice hockey gear-** skates, helmet with face shield and name plate on front of helmet, gloves, shoulder pads, elbow pads, groin area protector (cup), hockey pants, shin pads, hockey socks, and 1-2 on ice hockey sticks (with name written on sticks).

**Optional:** Tape, throat guard (we are recommending that players wear at camp) , extra on ice stick, extra skate laces, under armor garments

**2. Off ice training gear-** off ice hockey stick, sneakers, hat, sun block, 1 week's worth of the following items; tee shirts, shorts, athletic socks.

**3. Water bottle-** 1-2 reusable water bottles with child's name written in black marker on bottle(s).

### **BEACH**

1-4 Bath suits

1-4 Beach Towels (recommend bringing 2 towels to beach each day- 1 to lie/ sit on and 1 to dry off with)

Sandals

Baseball cap or beach hat

Sunglasses

Sun block

Surfboard and wetsuit (or both can be rented for the week)

Backpack or bag (to carry beach gear)

### **DORM/ CAMP LIFE**

The University of Rhode Island dorms that we are staying in are standard dorm rooms 1-2 beds per room, a common living area, a common bathroom in each quad. URI Housing **does not** allow the following items; refrigerators, microwaves or air conditioning units in the dorm rooms.

**4. Bedding-** URI is providing linens, pillow and a mattress cover. \* Optional to bring your own linens for a XL twin mattress.

**5. Toiletries-** Necessities- Soap, shampoo, toothpaste and toothbrush, 1-2 showering towels.

**6. Non-Training Clothing-** 1 week worth of the following items: sweatpants, shorts, tee shirts, 1-2 sweatshirts, socks and under garments.

**7. Medication-** All medications and instructions, regardless of prescription and over the counter medications must be handed in at camp check in. Medication must be in its original container with instructions for PA med staff. \*Campers **are not** allowed to share their medication with other campers, including over the counter pain relief medication.

**8. Spending Money-** \$50.00 to 100.00 is recommended for emergencies, additional activities and snacks. Pro Ambitions Hockey offers players an opportunity to deposit their spending money in the camp bank at check in and will have access to their money each day or when needed.\* Pro Ambitions Hockey is not responsible for any lost money kept by the campers.

**9. Fans-** The dorm has central air in the building (hallways, lounges and bathrooms) but it does not directly blow into the dorm rooms. 1-2 fans is more than enough to cool off the rooms at night. There is CVS store at the north end of the URI campus that sells small fans.

**10. Optional Items-** We understand that cell phones, have become a necessity for campers. But campers are responsible for their cell phones at all times while at camp. Other electronic devices, such as, I-pods, I pads, laptops, etc. are allowed at camp, but campers are only allowed to use them during designated down time. Once again, Campers are responsible for all of their personal items. Pro Ambitions Hockey and/ or Boston University are not responsible for any lost or stolen items.

**11. Coolers-** Campers can coolers to store water, Gatorade, and snacks in their dorm rooms.



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: [info@proambitions.com](mailto:info@proambitions.com)

## **Pro Ambitions Hockey, Inc. – 2024 Boarding Camp Program Roommate Preference Request**

**Roommate Preference:** Pro Ambitions Hockey will make every effort in accommodating player's rooming requests. But the final roommate selection will be determined by Pro Ambitions Hockey. All roommate request forms must be received one month prior to the start date of the camp. All roommate request forms received after this date are subject to availability as determined by Pro Ambitions Hockey.

### **UNIVERSITY OF RHODE ISLAND**

Week One

Camper's Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (MM/DD/YYYY)

### **ROOMMATE CHOICES**

1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

No Preference  (Check Box if No Preference)

\* If your child is attending camp by himself/ herself. We will do our best to place them with the most compatible roommate.

Any additional info about your child that might be helpful...

\* Please send a completed copy to [reggie@proambitions.com](mailto:reggie@proambitions.com)



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: [info@proambitions.com](mailto:info@proambitions.com)

**PRO AMBITIONS HOCKEY at the UNIVERSITY of RHODE ISLAND:  
SPECIAL DIETARY REQUESTS**

**Your Child's Nutritional and Dietary Restrictions and/ or Needs:**

Does your child have any dietary restrictions, food allergies, and/ or is gluten free? It is important that we relay all dietary/ nutritional restrictions and/ or needs to the the URI Dining Hall management and each outside caterer preparing food for the campers during the camp week prior to the start of the camp to ensure that all dietary and nutritional requests have been fully met.

**Special Dietary needs/ restrictions:**

Instructions for Health Care Provider/ Camp Director:

**Food Allergies? If so, does your child have an epi-pen?**

Instructions for Health Care Provider/ Camp Director:

**Is your child gluten Free?**

Instructions for Health Care Provider/ Camp Director:

**Additional information:**

**\* Please send a completed copy to [reggie@proambitions.com](mailto:reggie@proambitions.com)**



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: [info@proambitions.com](mailto:info@proambitions.com)

## **PRO AMBITIONS HOCKEY at UNIVERSITY of RHODE ISLAND:**

### **Medication and Instructions**

All prescription medications must be given to nurse/ healthcare supervisor at check in. Prescription medications must be in their original containers with information clearly marked Child's name, medication, dosage, instructions.

All over the counter medications must be given to nurse/ healthcare supervisor at check in. Campers are not allowed to self medicate or share (even over the counter medications, including allergy and pain relief medications) with other campers.

Campers that use or need an inhaler should have two inhalers with them at camp. One that they can hold on to at all times and a second inhaler that the nurse/ healthcare supervisor can hold on to during camp.

Epi-pens must be turned in at check in. The epi-pen will be brought to every activity through the camp week, including; on ice and off ice training, meals, beach and every where in between.

#### **CAMPER MEDICATION INFO**

**Campers Name:**

**Medication:**

**Dosage:**

**Instructions:**

**\* Please send a completed copy to [reggie@proambitions.com](mailto:reggie@proambitions.com)**



**Pro Ambitions Hockey, Inc.**  
PO Box 1011  
West Falmouth, MA 02574  
VM: 855-HKY-CAMP  
FAX: 888-880-2604  
Email: info@proambitions.com

## **Parent Surf Info guide - Pro Ambitions Hockey/ Surf Camp at the University of Rhode Island**

**PA Surf Director:** Sean Jackson

**Cell:** 401-368-3015

**Email:** actionjaxx21@gmail.com

**Surf Camp Dates:** 7/1 - 7/4 (4days) No Beach on 7/5

**Surf Session Hours:** 1-4pm

**Location:** Narragansett Town Beach

### **TRANSPORTATION**

Campers will be transported via Coach Bus to and from URI and Narragansett Town Beach each day.

### **SURFBOARD CARE AND STORAGE**

The surf boards will be taken care of by Surf Coach Sean from Monday thru Thursday. Campers will carry their surfboard (own/ rental) from the loading area to the beach each day and clean it off and carry it back to the loading area at the end of each day. Campers will take their surf boards back to the the dorm at the end of the day on Thursday.

**Beach Fees and Rentals-** Contact Sean Jackson to reserve boards and wetsuits

**1. Weekly Beach Passes:** \$50 for all campers **(Required)**

**2. Weekly Surfboard Rental:** \$150 for 4 days- If campers don't have their own board

**3. Weekly Wetsuit Rental:** \$50 for 4 days- If campers don't have their own wet suit. \* If camper doesn't own or rent a wet suit. Camper should at least purchase/ bring a rash guard.

**Full Surf Package Deal for \$200.00 (for all three)**

\*\*\*All beach and surf rentals should be made in **cash** at check-in on, June 30, 2024.





PRO AMBITIONS HOCKEY, INC  
HOCKEY SURF BOARDING CAMP  
JUNE 30-JULY 5, 2024 @ URI



**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- 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  
7:30-8:25am- Hike to rink/ Dryland Training/ Dynamic Warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE- BODY CONTACT/ SKATING SKILLS**  
11:00-11:20AM- 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  
1:00-4:00pm- Surf  
4:15-4:45pm- Board Bus/ Head Back to dorm  
4:45-5:15pm- Shower/ Relax  
5:15-6:00pm- 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  
7:30-8:25am- Hike to rink/ Dryland Training/ Dynamic Warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE- PUCKHANDLING & PROTECTION, PASS**  
11:00-11:20AM- 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  
1:00-4:00pm- Surf  
4:15-4:45pm- Board Bus/ Head Back to dorm  
4:45-5:15pm- Shower/ Relax  
5:15-6:00pm- 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  
7:30-8:25am- Hike to rink/ Dryland Training/ Dynamic Warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE- ANGLING/ GAP CONTROL**  
11:00-11:20AM- 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  
1:00-4:00pm- Surf  
4:15-4:45pm- Board Bus/ Head Back to dorm  
4:45-5:15pm- Shower/ Relax  
5:15-6:00pm- 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  
7:30-8:25am- 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**  
11:00-11:20AM- 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  
1:00-4:00pm- Surf  
4:15-4:45pm- Board Bus/ Head Back to dorm  
4:45-5:15pm- Shower/ Relax  
5:15-6:00pm- 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  
7:30-8:25am- Hike to rink/ Dryland Training/ Dynamic Warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE- GAME HABITS/ CONCEPTS**  
11:00-11:20AM- 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**