



**CARROLL UNIVERSITY  
PIONEERS**

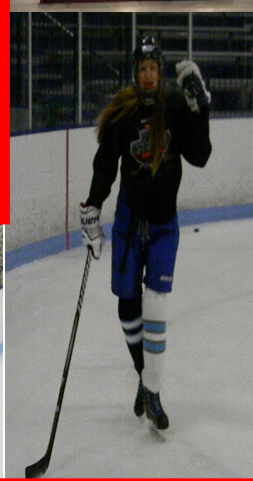
**JEFF SEROWIK'S**

# **2024 PRO AMBITIONS HOCKEY DAY CAMP**



**@ HARTLAND, WISCONSIN**

## **PLAYER & PARENT CAMP GUIDE**





# HOCKEY DAY CAMP

**FOCUSED**



**TEAMWORK**



**SPORTSMANSHIP**



**ADVANCED  
SKILLS  
TRAINING**



**DAILY BATTLING**

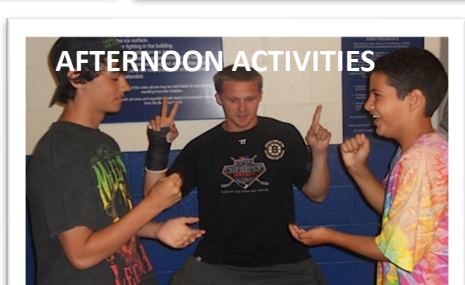


**GAME DAY FACES**





# A TYPICAL DAY IN PICTURES AT CAMP



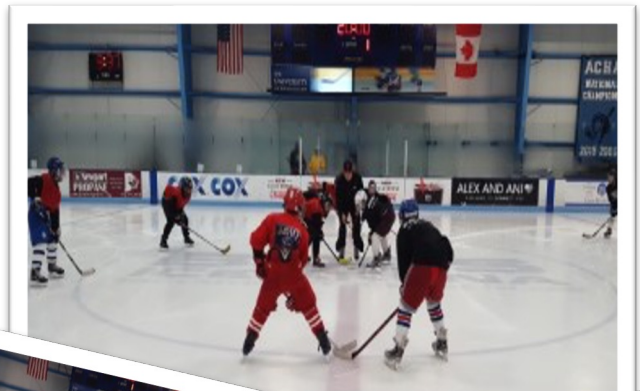


## SNAP SHOTS FROM DRYLAND TRAINING





## SNAP SHOTS FROM THE ICE





# SNAP SHOTS FROM TEAM BUILDING





## ***MESSAGE FROM OWNER/ PRESIDENT JEFF SEROWIK***

Dear Players and Parents,

I want to welcome you to the Pro Ambitions Hockey Summer Day Camp Program. Over the past twenty-five years, we have been perfecting our Hockey Camp Experience from our camps in New England to California to and almost every where in between, including Hartland, WI.

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 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 a 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 hockey camp experience... Pro Ambitions Hockey in Hartland, WI. 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 facility; the Howard G Mullett Ice center.





## **MESSAGE FROM THE BOARDING CAMP DIRECTOR**

Dear Parents and Players,

I would like to take this opportunity to welcome you to the 2024 Pro Ambitions Hockey Camp in Hartlad, WI. at the Howard G. Mullett Ice Center. My name is Henry Berger, I will be the Camp Director that will be at this Pro Ambitions Hockey camp. This will be my 10<sup>th</sup>+ season directing camps for Pro Ambitions Hockey.

Parents, we want to ensure you that the safety and well-being of your child/ children is our number one priority. I work with Pro Ambitions Hockey year-round. So, during the off-season, I am 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 camp and what Pro Ambitions Hockey expects from each of its 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 camp from packing and prepping for the camp to check in, to the training on and off the ice 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,  
Henry Berger  
Phone: (909) 203-0952  
Email: [henry@proambitions.com](mailto: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 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 in Hartland, WI. 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 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.



## **QUESTIONS REGARDING CHECK IN AND CHECK OUT**

**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

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

**A:** Check in Monday morning will start at 8:00am at the Howard G. Mullet Ice Center. There will be Pro Ambitions hockey staff at the rink to check players in. At check-in your child will be assigned a group and a locker room. They will bring their hockey bag to the locker room and come back out with the rest of the camp. There will be copies of the itinerary at check in for the players. Parents can take a photo of the itinerary as a copy for themselves.

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

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. 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: 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.



## **QUESTIONS REGARDING CHECK IN AND CHECK OUT**

**Q: Can my child or I purchase Pro Ambitions Hockey gear at the camp?**

**A:** All Pro Ambitions Hockey gear can be purchased online at the PA website... [proambitions.com](http://proambitions.com).

**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 this camp...  
Check out will be at 4:00pm everyday.

**Q: What if I can't pick up my child at 4:00pm each day. Can I have my child stay at the rink until I get there?**

**A:** The Pro Ambitions Hockey staff cannot leave a camper unattended at the rink without written permission/ consent from the parent/ legal guardian of the camper.

**Q: May I have another family member or friend pick up my child at check out 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.

**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.



## **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 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.

**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 ICE ARENA**

- 1. All Campers will behave themselves and be respectful to staff and patrons at the Muller Ice Center-** 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 should parents and camper pack daily for the Pro Ambitions Hockey Day camp?**

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

### **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. Off ice training hockey stick- 1 stick

### **OFF ICE TRAINING GEAR**

1. Dry tee shirts- 2 tee shirts. 1 tee shirt for after each on ice session
2. Dry shorts- 2 pairs of shorts. 1 pair for after each on ice session
3. Dry socks- 2 pairs of socks. 1 pair for after on ice session
4. Sneakers- Not flip flops or crocks. These are dangerous for players to be training in.
5. Baseball hat
6. Sunblock

### **HOCKEY EXTRAS:**

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

### **LUNCH, SNACKS AND WATER**

Parents should pack their child a nutritious lunch each day. As well as several healthy snacks and plenty of water/ Gatorade to keep them fueled for the day...

# CAMP ITINERARY



PRO AMBITIONS HOCKEY, INC  
DEFENSE W/ JEFF BATTLE DAY CAMP  
JULY 15-18, 2024  
HARTLAND, WI



**MONDAY**

8:00-8:30am- Check in at rink  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room

**9:00-11:00AM- ON ICE**

11:00-11:30pm- Locker room  
11:30-12:00pm- Off Ice Training  
12:00-12:30pm- 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- Checkout

**TUESDAY**

8:00-8:30am- Check in at rink  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room

**9:00-11:00AM- ON ICE**

11:00-11:30pm- Locker room  
11:30-12:00pm- Off Ice Training  
12:00-12:30pm- 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- Checkout

**WEDNESDAY**

8:00-8:30am- Check in at rink  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room

**9:00-11:00AM- ON ICE**

11:00-11:30pm- Locker room  
11:30-12:00pm- Off Ice Training  
12:00-12:30pm- 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- Checkout

**THURSDAY**

8:00-8:30am- Check in at rink  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room

**9:00-11:00AM- ON ICE**

11:00-11:30pm- Locker room  
11:30-12:00pm- Off Ice Training  
12:00-12:30pm- 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- Checkout

**ATTENDENCE IS TAKEN THROUGHOUT THE DAY**



We at Pro Ambitions Hockey hope that you have found this guide to our Day Camp in Hartland, WI. 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 Camp at the Hartland, WI.!

