



PRO AMBITIONS HOCKEY, INC
DEFENSE W/ JEFF BOARDING CAMP
JUNE 23 – JUNE 27, 2024
MASS MARITIME ACADEMY



SUNDAY

3:30-4:00pm – Drop off Hockey Gear Gallo Arena in Bourne, MA
4:00-5:00pm- Check in at Mass Maritime Academy
5:00-5:30pm- Camp Orientation
5:30-6:30pm- Dinner
6:30-7:00pm- Team Building
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

MONDAY

7:00 -7:30am- Wake up and Line up
7:30-8:00am- Breakfast @ MMA Dining Hall
8:00-8:30am- Bus to rink
8:30-9:30am- Off Ice Training
9:30-10:00am- Locker room
10:00-12:00am- On Ice Session
12:00-12:20AM- Locker room
12:30-1:00pm- Lunch at Rink
1:00-1:30pm- Chalk Talk/ Guest Speakers
1:30-2:00pm- Locker room
2:00-4:00pm- On Ice Session
4:00- 4:20pm- Locker room
4:20-4:45pm- Board Bus/ Head Back to MMA
4:45-5:30pm- Shower/ Relax
5:30-6:30pm- Dinner @ MMA Dining Hall
6:30-7:00pm- Team Building
7:00-8:00pm- Field games @ Baseball Field
8:00-9:00pm- Film/ Chalk Talk @ Admiral's Hall
9:00-10:00pm- Down time/ Showers and relax
10:00pm-6:30am- Quiet Time- Everyone in their own room

TUESDAY

7:00 -7:30am- Wake up and Line up
7:30-8:00am- Breakfast @ MMA Dining Hall
8:00-8:30am- Bus to rink
8:30-9:30am- Off Ice Training
9:30-10:00am- Locker room
10:00-12:00am- On Ice Session
12:00-12:20AM- Locker room
12:30-1:00pm- Lunch at Rink
1:00-1:30pm- Chalk Talk/ Guest Speakers
1:30-2:00pm- Locker room
2:00-4:00pm- On Ice Session
4:00- 4:20pm- Locker room
4:20-4:45pm- Board Bus/ Head Back to MMA
4:45-5:30pm- Shower/ Relax
5:30-6:30pm- Dinner @ MMA Dining Hall
6:30-7:00pm- Team Building
7:00-8:00pm- Field games @ Baseball Field
8:00-9:00pm- Film/ Chalk Talk @ Admiral's Hall
9:00-10:00pm- Down time/ Showers and relax
10:00pm-6:30am- Quiet Time- Everyone in their own room

WEDNESDAY

7:00 -7:30am- Wake up and Line up
7:30-8:00am- Breakfast @ MMA Dining Hall
8:00-8:30am- Bus to rink
8:30-9:30am- Off Ice Training
9:30-10:00am- Locker room
10:00-12:00am- On Ice Session
12:00-12:20AM- Locker room
12:30-1:00pm- Lunch at Rink
1:00-1:30pm- Chalk Talk/ Guest Speakers
1:30-2:00pm- Locker room
2:00-4:00pm- On Ice Session
4:00- 4:20pm- Locker room
4:20-4:45pm- Board Bus/ Head Back to MMA
4:45-5:30pm- Shower/ Relax
5:30-6:30pm- Dinner @ MMA Dining Hall
6:30-7:00pm- Team Building
7:00-8:00pm- Field games @ Baseball Field
8:00-9:00pm- Film/ Chalk Talk @ Admiral's Hall
9:00-10:00pm- Down time/ Showers and relax
10:00pm-6:30am- Quiet Time- Everyone in their own room

THURSDAY

7:00 -7:30am- Wake up and Line up
7:30-8:00am- Breakfast @ MMA Dining Hall
8:00-8:30am- Move Dorm Gear to Sports Complex
8:30-9:00am- Bus to rink
9:00-9:30am- Dynamic Warm up/ Off Ice Training
9:30-10:00am- Locker room
10:00-12:00am- On Ice Session
12:00-12:20AM- Locker room
12:30-1:00pm- Lunch at Rink
1:00-1:30pm- Chalk Talk/ Guest Speakers
1:30-2:00pm- Locker room
2:00-4:00pm- On Ice Session
4:00- 4:20pm- Locker room
4:20-4:45pm- Board Bus/ Head Back to MMA
5:00pm- Check out at MMA Sport Complex Lobby

ATTENDANCE IS TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY, INC
DEFENSE W/ JEFF BOARDING CAMP
JULY 1-5, 2024
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11:20-12:00pm- Off Ice Training/ Guest Speaker
12:00-12:30pm- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- On Ice Session
3:00- 3:20pm- Locker room
3:20-4:00pm- Off Ice Training
4:00-4:30pm- Board Bus/ Head Back to dorm
4:30-5:30pm- Shower/ Relax
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FRIDAY

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7:30-8:00am- Breakfast
8:00-8:30am- Bus to rink
8:30-9:00am- Locker room
9:00-11:00am- On Ice Session
11:00-11:20AM- Locker room
11:20-12:00pm- Off Ice Training/ Guest Speaker
12:00-12:30pm- Lunch at rink
12:30-1:00pm- Locker room
1:00-3:00pm- On Ice Session
3:00- 3:30pm- Locker room
3:30-4:00pm- Board Bus/ Head Back to dorm
4:00pm- Check out at Mass Maritime

ATTENDANCE IS TAKEN THROUGHOUT THE DAY