



# BOSTON BRUINS PRO AMBITIONS HOCKEY SUMMER BATTLE CAMP



## MONDAY

6:30am- Check-In  
6:30-7:00am- Locker room  
7:00-9:00am- **ON ICE SESSION**  
9:00-9:30am- Locker room  
9:30-10:30pm- SPECIAL GUEST/ Off Ice Training  
10:30-11:30pm- Individual and Team Building Training  
11:30-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:15pm- Check out

## TUESDAY

6:30am- Check-In  
6:30-7:00am- Locker room  
7:00-9:00am- **ON ICE SESSION**  
9:00-9:30am- Locker room  
9:30-10:30pm- SPECIAL GUEST/ Off Ice Training  
10:30-11:30pm- Individual and Team Building Training  
11:30-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:15pm- Check out

## WEDNESDAY

6:30am- Check-In  
6:30-7:00am- Locker room  
7:00-9:00am- **ON ICE SESSION**  
9:00-9:30am- Locker room  
9:30-10:30pm- SPECIAL GUEST/ Off Ice Training  
10:30-11:30pm- Individual and Team Building Training  
11:30-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:15pm- Check out

## THURSDAY

6:30am- Check-In  
6:30-7:00am- Locker room  
7:00-9:00am- **ON ICE SESSION**  
9:00-9:30am- Locker room  
9:30-10:30pm- SPECIAL GUEST/ Off Ice Training  
10:30-11:30pm- Individual and Team Building Training  
11:30-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:15pm- Check out

## DAILY REMINDERS

**1. BREAKFAST-** Campers should eat a nutritious breakfast each morning before heading to camp.

**2. CHECK YOUR HOCKEY BAG-** Make sure that you check your bag before you leave your house.

**CHECK IN-** BATTLE CAMP check in starts at **6:30 AM** each day (MON-THU). Parents should plan to get to the rink a little earlier on Monday.

**3. EQUIPMENT-** Make sure to bring all of your hockey gear and dryland gear to camp each day. At the end of the day, make sure to pack it all up and bring it home each day. Double check your bag before you leave the rink. Helmet w/ cage or full mask, throat/neck guard, shoulder pads, elbow pads, hockey gloves, hockey pants cup and supporter, shin pads, hockey socks, skates, extra hockey jersey and 1-2 ice hockey sticks/ with name written on both sticks.

**4. OFF ICE TRAINING GEAR:** 1. Dry shorts, 2. t-shirt, 3. socks, 4. Sneakers (NOT CROCS or FLIP FLOPS), and a 5. Water bottle w camper's name on their water bottle.

**5. LUNCH AND SNACKS-** Make sure to pack a nutritious lunch, several healthy snacks and a **REUSABLE** water bottle each day.

**6. CHECK OUT-** Camp check out is at 3:15 PM (MON-THU) Parents and/or guardians must come into the rink to visibly checkout their campers each day. Pro Ambitions Hockey and Boston Bruins must have written consent from the parent/legal guardian to leave their camper(s) under 18 unattended at the rink at the end of the camp day.

**7. CAMP CONTACT-** Make sure to get the Head Instructor or Camp Director's contact info. That would be the person to contact first with any questions and/ or concerns with the camp that your child is attending.

## ATTENDANCE IS TAKEN THROUGHOUT THE DAY