

PRO AMBITIONS HOCKEY

2025 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

Dear parents and Campers,

Welcome to Pro Ambitions Hockey, Inc. 2025! Below is additional information that you will need to know for the Pro Ambitions Hockey Day Camp programs...

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

Day 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: Hockey Surf at URI

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

Camp Week: June 30- July 4, 2025

Check-In: At Boss Arena 1 Keaney Rd, URI campus, Kingston, RI Campers can be dropped off inside the lobby of the Boss Arena each day.

Check-Out/ Pick up: Parents should pick up campers between **4:30-4:45pm** each day The bus will be dropping campers off from the beach at the Boss Arena. PA staff will wait with and check campers out as parents arrive to pick up their children. There is a \$50.00 late fee for campers that are picked up after 5:00pm. Pro Ambitions Hockey **CANNOT** leave campers unattended at the rink without written permission from the parents/ legal guardian, no exceptions.

Evening Skate (7-8pm Monday thru Thursday): Day campers are welcome to join us during the evening skate. This is an optional offer for the day campers. But Day campers still have to be picked up at 4:45-5:00pm and then can return to the rink at 6:30pm for the evening skate (7-8pm) and then can be picked up at 8:30pm.

Day campers must bring their hockey gear home each night. Pro Ambitions Hockey, the Boss Arena and URI are not responsible for equipment or personal belongings that are left behind at the rink.

* **Camp ends between 3:30-4:00pm on Friday July 4, 2025**

Please email Reggie Hebert at 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



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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: 6/30 - 7/3 (4days) No Beach on 7/4

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 rink at the end of the day on Thursday.

Beach Fees and Rentals- Contact Sean Jackson (401-368-3015) 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 need to be finalized by June 30. Payment can be made in **cash** at check-in on, Monday, June 30, 2025.



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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**



PRO AMBITIONS HOCKEY, INC
HOCKEY SURF DAY CAMP @ URI
JUNE 30- JULY 4, 2025



MONDAY

7:30am- Check in at rink
7:40-8:25am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
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
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink **(OPTIONAL)**
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

TUESDAY

7:30am- Check in at rink
7:40-8:25am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
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
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink **(OPTIONAL)**
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

WEDNESDAY

7:30am- Check in at rink
7:40-8:25am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
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
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink **(OPTIONAL)**
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

THURSDAY

7:30am- Check in at rink
7:40-8:25am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
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
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink **(OPTIONAL)**
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

FRIDAY

7:30am- Check in at rink
7:40-8:25am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
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 PA CUP GAME
3:00-3:30pm- Locker room
3:30pm-4:00pm- CHECK OUT

DAY CAMPERS BRING TO CAMP LIST

The following list is a list of items that Day campers need to bring to camp with them every day...

- 1. HOCKEY GEAR-** (Helmet, gloves, elbow pads, shoulder pads, pants, cup supporter, pants, shin pads and skates) Hockey stick 1-2
- 2. OFF ICE TRAINING GEAR-** (street hockey stick, shorts, tee shirt, dry socks, baseball cap, sneakers)
- 3. BEACH GEAR-** (bathing suit, beach towel 1-2, sandals, sunglasses, sun block)
SURF GEAR- (Surf board, rash guard- these items can be rented for the week)
- 4. LUNCH and SNACKS-** (Healthy lunch and snacks) Parents need to make sure that their child has a lunch and snacks packed with them each day.
- 5. REUSABLE WATER BOTTLE-** (1-2 bottles that their child can refill throughout the day).
- 6. SPENDING MONEY-** (This will give them the opportunity to buy a water bottle gatorade, snacks at rink and/or the beach. Pro Ambitions Hockey offers a Camper Bank. Where we will hold on to their money for the day or week, so that it is not lost or stolen during the day.

ATTENDENCE IS TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY, INC ASU Commuter Camp



MONDAY

8:00-8:30am- Dynamic Warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
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
3:00-3:30pm- Locker room
3:30pm- CHECK OUT

TUESDAY

8:00-8:30am- Dynamic Warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
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
3:00-3:30pm- Locker room
3:30pm- CHECK OUT

WEDNESDAY

8:00-8:30am- Dynamic Warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
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
3:00-3:30pm- Locker room
3:30pm- CHECK OUT

THURSDAY

8:00-8:30am- Dynamic Warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
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
3:00-3:30pm- Locker room
3:30pm- CHECK OUT

FRIDAY

8:00-8:30 Dynamic Warm up
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room
11:30-12:00pm- Lunch
12:00-12:30- Dynamic Warm up
12:30-1:00pm- Locker room
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- 4. REUSABLE WATER BOTTLE-** (1-2 bottles that their child can refill throughout the day).

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