ASU/Tempe, AZ

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

What to bring to your specific Pro Ambitions Hockey Boarding Camp…

Arizona State University

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.

Optional: Tape, throat guard, extra on ice stick, extra skate laces, under armor garments

2. Off ice training gear- off ice hockey stick, **s**neakers, hat, sun block, 1 weeks worth of the following items; t-shirts, shorts, athletic socks.

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

4. Bedding- Linens for a XL twin mattress, pillow, blankets.

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

5. Non-Training Clothing- 1 weeks worth of the following items: pants/sweatpants, shorts, t-shirts, 1-2 sweatshirts, socks and under garments.

6. Medication- All medication must be in its original container with instructions for PA med staff.

All medications and instructions, regardless of prescription and over the counter medications must be handed in at camp check in.

Campers are not allowed to share their medication with other campers, including over the counter pain relief medication.

8. Room Necessities- Alarm clocks are recommended for campus dorm room camps. The dorms that we will be staying in are air-conditioned.

* ASU does not allow the following items; refrigerators, microwaves or air conditioning units in the dorms.

9. 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; ipads, 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 Arizona State University are not responsible for any lost or stolen items.

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Dear Parents and Campers,

Welcome to Pro Ambitions Hockey! 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 vary 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:

Arizona State University- Tempe, AZ (North)

Week One: 7/5-7/9

Check-In: Sunday, July 5 from 3-5pm at Mullett Arena

Check-Out: Thursday, July 9 @ 3pm at Mullett Arena (there is a PA Cup Game on the last day from 1-3 pm, please come and watch!)

Mullett Arena – 411 South Packard Drive, Tempe, AZ

Please email us at info@proambitions.com or call us at (855)HKY-CAMP with any questions. I look forward to seeing you at camp this summer.

Best Wishes,

Jeff Serowik

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Boarding Camp Program Roommate Preference Request

Please check off your Child's Camp Location:

1. Arizona State University

❑ Week One

Camper's Name: _____ Male:_____ Female: _____

Age:_____ Birth Date: _____/_____/ _____ (MM/DD/YYYY)

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.

1st Choice _____ 2nd Choice _____

No Preference: _____

***Please send a copy to jill@proambitions.com**

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PRO AMBITIONS HOCKEY at ARIZONA STATE UNIVERSITY:

MEDICATION and INSTRUCTIONS FORM

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 throughout the camp week, including; on ice and off ice training, meals, beach and everywhere in between.

***Reminder that your Health and Immunization Records must be sent to Anne Izzo at boh@proambitions.com**

CAMPER'S NAME:

CAMP WEEK:

- ❑ **WEEK 1**

CAMPER MEDICATION INFO

Campers Name:

Medication:

Dosage:

Instructions:

*** Please send a completed copy to Anne Izzo at boh@proambitions.com**

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NUTRITION AND DIETARY NEEDS FORM

ARIZONA STATE UNIVERSITY- TEMPE, AZ

CHILD'S NAME:

ASU CAMP WEEK: CHECK OFF YOUR CHILD'S CAMP WEEK

❑ **WEEK 1 JULY 5-9**

Your Child's Nutritional and Dietary Restrictions:

Does your child have any dietary restrictions, food allergies, and/or is gluten free?

❑ **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 boh@proambitions.com**

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ARIZONA STATE UNIVERSITY-TEMPE, AZ: Please check off your child's camp week(s):

☐ WK 1

EXHIBIT A

ARIZONA STATE UNIVERSITY

PARENTAL ACKNOWLEDGMENT, CONSENT AND RELEASE FROM LIABILITY

For participation in Pro Ambitions Hockey Collective, LLC Boarding Camp

Name of Child_____

I hereby consent to the participation of the child named above in all activities of the Pro Ambitions Hockey Boarding Camp, to be held at Arizona State University. I understand that the program is not run by Arizona State University. I understand, recognize and acknowledge that many different programs may be on going at the same time that my child's Program is being held, and that if my child's Program involves overnight accommodation in a University residence hall, adults may also be housed in the same residence hall.
I understand, recognize and acknowledge that this program involves activities, such as ice hockey that may involve the risk of accident, death, illness, physical or mental injuries and property damage. It is my responsibility to ask questions about any aspect of the Program activities that has not been explained to my satisfaction. I hereby voluntarily assume any and all risks , including injury to person and property, related to my child's participation in the Program.
In consideration of the University allowing my child to participate in the Program, I, on behalf of myself, my child and anyone claiming on behalf of me or my child hereby FOREVER RELEASE Trustees of Arizona State University (the University) and its departments, officers, directors, board members, representatives, agents and employees from any claims, demands, causes of actions, judgements, damages, expenses and costs (including attorney's fees), including but not limited to claims of negligence, on account of personal injury, bodily injury, property damage, death or accident of any kind sustained by my child that arises out of or is related in any way to his/her participation in the Program which I may now or hereafter have and which the above-named minor has or hereafter may acquire, either before of after reaching majority.
In signing this parental consent and Release from Liability, I hereby acknowledge that I have read this entire document, that I understand it's terms, that I have signed it knowingly and voluntarily, and that I intend it to bind me, my minor child, and anyone claiming on behalf of me or my child.
I further acknowledge that I am the parent or legal guardian of the minor identified above, with legal authority to sign this document.

PARENT OR GUARDIAN

SIGNATURE:_____

NAME (PRINTED):_____

RELATIONSHIP TO STUDENT:_____

STREET ADDRESS: _____

CITY/ STATE:_____

TELEPHONE:_____

*** Please send a completed copy to boh@proambitions.com**

PRO AMBITIONS HOCKEY
ARIZONA STATE UNIVERSITY
BOARDING CAMP

SUNDAY

3:00-5:00pm- CHECK IN
5:00-5:30pm- Camp Orientation
5:30-6:30pm- Dinner
6:30-7:30pm- Ice breakers
7:30-8:00pm- Group sessions
8:00-9:00pm- Team building
9:00-10:00pm- Shower/relax/lights out

MONDAY
6:30-7:00am- Wake up/meet with group
7:00-7:45am- Breakfast
7:45-8:00am- Walk to rink
8:00-8:30am- Dynamic warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00- Off ice training/guest speaker
4:00-4:15pm- Walk back to dorm
4:15-5:30pm- Shower/relax/down time
5:30-6:30pm- Dinner
6:30-7:00pm- Group sessions/chalk talks
7:00-8:00pm- Off Ice training session
8:00-9:00pm- Team building
9:00-10:00pm- Shower/relax/lights out

TUESDAY
6:30-7:00am- Wake up/meet with group
7:00-7:45am- Breakfast
7:45-8:00am- Walk to rink
8:00-8:30am- Dynamic warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:30pm- Downtown Boston Field Trip
4:30-5:00pm- Transport back to BU
5:00-5:45pm- Shower/relax/down time
5:45-6:30pm- Dinner
6:30-7:00pm- Group sessions
7:00-8:00pm-Game analysis w/ Coach Bobby
8:00-9:00pm- Team building
9:00-10:00pm- Shower/relax/lights out

WEDNESDAY

6:30-7:00am- Wake up/meet with group
7:00-7:45am- Breakfast
7:45-8:00am- Walk to rink
8:00-8:30am- Dynamic warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE
3:00-3:30pm- Locker room
3:30-4:00- Off ice training/guest speaker
4:00-4:15pm- Walk back to dorm
4:15-5:30pm- Shower/relax/down time
5:30-6:30pm- Dinner
6:30-7:00pm- Group sessions/chalk talks
7:00-8:00pm- Off Ice training session
8:00-9:00pm- Team building
9:00-10:00pm- Shower/relax/lights out

THURSDAY
6:30-7:00am- Wake up/meet with group
7:00-7:30am- Breakfast
7:30-8:00am- Walk to rink
8:00-8:30am- Dynamic warm up
8:30-9:00am- Locker rooms
9:00-11:00am- ON ICE
11:00-11:30am- Locker room
11:30-12:30pm- Lunch
12:30-1:00pm- Locker room
1:00-3:00pm- ON ICE PA CUP GAME
3:00-3:15pm- Locker room/CHECK OUT

ATTENDANCE TAKEN THROUGHOUT THE DAY

PRO AMBITIONS HOCKEY, INC
COMMUTER CAMP

MONDAY
7:30-8:30am- Check in at rink
8:30-9:00am- Locker room
9:00-11:00AM- ON ICE
11:00-11:30am- 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
8:30-9:00am- Locker room
9:00-11:00AM- ON ICE
11:00-11:30am- 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
8:30-9:00am- Locker room
9:00-11:00AM- ON ICE
11:00-11:30am- 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
8:30-9:00am- Locker room
9:00-11:00AM- ON ICE
11:00-11:30am- 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- Check-out

DAY CAMPER CHECK LIST
Parents, please contact the Head Coach at camp if;

- Your child is going to miss a day of camp.
- Your child is going to be late for camp.
- You are going to be late picking up your child.

Important Times- Check-in each day is at 8-8:30am and check-out is 4:00pm each day.
Monday Check-in- Parents should try to get to camp a little early on Monday to check in… Camper groups and locker rooms will be assigned at check-in. Jerseys and Mr. Assists will be handed out at check in as well.
On Ice Session Times- 9-11am and 1-3pm each day.
Lunch Time- Lunch will be at 12:00-12:30pm.
Camp Ends at 4pm every day- So please make sure to plan your arrival accordingly.

Things to Bring to Camp Each Day-
On Ice Hockey Gear- Helmet, neck/throat guard, PA hockey jersey, shoulder pads, elbow pads, gloves, cup and supporter, hockey pants, shin pads hockey socks, skates, 1-2 on ice sticks and 1-2 reusable water bottles (Name on both sticks and water bottles).
Off Ice Training- Hat, t-shirt, shorts, dry socks, sneakers (no sandals or crocs), off ice hockey stick (not a street hockey stick) and a water bottle (name on water bottle).
Lunch and snacks- Parents should pack their child a nutritional lunch and healthy snacks to fuel them through the day.
Medications- Make sure that if your child has to take medication during the day. That all medication prescription and over the counter is passed into the nurse or head instructor at check in. Campers are not allowed to self medicate themselves without informing head instructor who will help administer and/or supervise and record all medications being used.
Medications Containers- All medicines must come to camp in the original container with the instructions and correct dosage on the label.
Inhalers- Parents should pack two inhalers one for camper to hold onto and the other for the head instructor camp nurse to hold on to during camp.
Epi Pens- Epi pens must be turned in at check in. Epi pens will be brought to all activities throughout the day.

ATTENDANCE IS TAKEN THROUGHOUT THE DAY