



BOARDING AND DAY  
CAMP ITINERARIES



# PRO AMBITIONS HOCKEY BU BOARDING CAMP DEFENSE WITH JEFF ITINERARY



## SUNDAY

**3:00-5:00pm- CHECK IN at Walter Brown Arena**  
4:30-5:00pm- Camp Orientation Arena Lobby  
5:00-5:30pm- Dinner  
5:30-6:00pm- Locker room/ stretch  
**6:00-7:00pm- ON ICE**  
7:00-7:30pm- Locker room  
7:30-8:30pm- Team Building/ Ice breakers  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights Out

## MONDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00-5:00pm- Shower/ Down time  
5:00-5:45pm- Dinner  
5:45-6:30pm- Dynamic warmup  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm Locker room  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## TUESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00-5:00pm- Shower/ Down time  
5:00-5:45pm- Dinner  
6:00-7:00pm- Agganis Arena Tour  
6:30-7:00pm- Locker room  
**7:00-8:30pm- TOUR AGGANIS ARENA**  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## WENDESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00-5:00pm- Shower/ Down time  
5:00-5:45pm- Dinner  
5:45-6:30pm- Dynamic warmup  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm Locker room  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## THURSDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Meet in front of Dorms  
**4:00-6:00pm- DUCK TOUR**  
6:00-6:45pm- Dinner  
**7:00-8:30pm- Gym time/ ON ICE**  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## FRIDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE- PA CUP GAME**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
**3:00-4:00pm- CHECK OUT**

**ATTENDENCE TAKEN THROUGHOUT THE DAY**



# PRO AMBITIONS HOCKEY BU DAY CAMP DEFENSE WITH JEFF ITINERARY



## MONDAY

7:30am- Check in at Rink  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest  
Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Check out

## TUESDAY

7:30am- Check in at Rink  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest  
Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Check out

## WENDESDAY

7:30am- Check in at Rink  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest  
Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Check out

## THURSDAY

7:30am- Check in at Rink  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training/ Guest  
Speaker  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Check out

## FRIDAY

7:30am- Check in  
7:30-8:00am- Locker room  
**8:00-10:00am- ON ICE**  
10:00-10:30am- Locker room  
10:30-11:00am- Off ice training  
11:00-11:30am- Lunch  
11:30-12:00pm- Locker room  
**12:00-2:00pm- ON ICE- PA CUP GAME**  
2:00-2:30pm- Locker room  
2:30-4:00pm- Off ice training  
4:00pm- Check out

**ATTENDENCE TAKEN THROUGHOUT THE DAY**



# PRO AMBITIONS HOCKEY BU BOARDING CAMP AAA BATTLE CAMP ITINERARY



## SUNDAY

**3:00-5:00pm- CHECK IN at Walter Brown Arena**  
4:30-5:00pm- Camp Orientation Arena Lobby  
5:00-5:30pm- Dinner  
5:30-6:00pm- Locker room/ stretch  
**6:00-7:00pm- ON ICE**  
7:00-7:30pm- Locker room  
7:30-8:30pm- Team Building/ Ice breakers  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights Out

## MONDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
4:30-5:00pm- Shower  
5:00-5:45pm- Dinner  
5:45-6:30pm- Dynamic warmup  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm Locker room  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## TUESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
4:30-5:00pm Shower  
5:00-5:45pm- Dinner  
6:00-7:00pm- Agganis Arena Tour  
6:30-7:00pm- Locker room  
**7:00-8:30pm- TOUR AGGANIS ARENA**  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## WENDESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
4:30-5:00pm- Shower  
5:00-5:45pm- Dinner  
5:45-6:30pm- Dynamic warmup  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm Locker room  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## THURSDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-3:30pm- ON ICE**  
3:30- 4:00pm- Locker room  
4:00pm- Meet in front of Dorms  
**4:00-6:00pm- DUCK TOUR**  
6:00-6:45pm- Dinner  
**7:00-8:30pm- Gym time/ ON ICE**  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights out

## FRIDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE- PA CUP GAME**  
4:00-4:30pm- Locker room  
**4:30pm- CHECK OUT**

**ATTENDENCE TAKEN THROUGHOUT THE DAY**



# PRO AMBITIONS HOCKEY BU DAY CAMP AAA BATTLE CAMP ITINERARY



## MONDAY

7:30am- Check in  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
**4:30pm- Check out**

## TUESDAY

7:30am- Check in  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
**4:30pm- Check out**

## WENDESDAY

7:30am- Check in  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
**4:30pm- Check out**

## THURSDAY

7:30am- Check in  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
**4:30pm- Check out**

## FRIDAY

7:30am- Check in  
7:30-8:00am- Dynamic Warm up stretch  
8:00- 9:30am- Off Ice training  
9:30-10:00am- Locker room  
10:00-12:00am- ON ICE  
12:00-12:30am- Locker room  
12:30-1:00pm- Lunch  
**2:00-4:00pm- ON ICE**  
4:00-4:30pm- Locker room  
**4:30pm- Check out**

**ATTENDENCE TAKEN THROUGHOUT THE DAY**



# PRO AMBITIONS HOCKEY VERNON NJ BOARDING CAMP ITINERARY



## SUNDAY

**3:00-5:00pm- CHECK IN at Crystal Springs Hotel**  
5:00-5:30pm- Camp Orientation  
5:30-6:00pm- Dinner  
6:00-8:30pm- Team Building/ Ice breakers  
8:30-9:30pm- Down time  
9:30-10:00pm- Shower/ Lights Out

## MONDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Van ride to rink  
8:00-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:30am- Locker room  
11:30-12:00am- Off ice training  
12:00-12:30am- 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  
4:00-4:30pm- Van ride to hotel  
4:30-6:00pm- Shower/ Down time/ swimming  
6:00-6:30pm- Dinner  
6:30-8:00pm- Team Building/ Chalk talk  
8:00-9:00pm- Down time/ swimming  
9:00-10:00pm- Shower/ Lights out

## TUESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Van ride to rink  
8:00-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:30am- Locker room  
11:30-12:00am- Off ice training  
12:00-12:30am- 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- Van Ride to Waterpark  
4:00-6:00pm- Water park  
6:00-6:30pm- Van ride to Hotel  
6:30-7:00pm- Dinner  
7:00-7:30pm- Shower  
7:30-9:00pm- Team Building/ Chalk Talk  
9:00-10:00pm-Down time/ Lights out

## WENESDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Van ride to rink  
8:00-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:30am- Locker room  
11:30-12:00am- Off ice training  
12:00-12:30am- 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  
4:00-4:30pm- Van ride to hotel  
4:30-6:00pm- Shower/ Down time/ swimming  
6:00-6:30pm- Dinner  
6:30-8:00pm- Team Building/ Chalk talk  
8:00-9:00pm- Down time/ swimming  
9:00-10:00pm- Shower/ Lights out

## THURSDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Van ride to rink  
8:00-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:30am- Locker room  
11:30-12:00am- Off ice training  
12:00-12:30am- 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  
4:00-4:30pm- Van ride to hotel  
4:30-6:00pm- Shower/ Down time/ swimming  
6:00-6:30pm- Dinner  
6:30-8:00pm- Team Building/ Chalk talk  
8:00-9:00pm- Down time/ swimming  
9:00-10:00pm- Shower/ Lights out

## FRIDAY

6:30-7:00am- Wake up/ Meet with Group  
7:00-7:30am- Breakfast  
7:30-8:00am- Van ride to rink  
8:00-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:30am- Locker room  
11:30-12:00am- Off ice training  
12:00-12:30am- 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- Van back to Hotel  
**4:00pm- Check out Hotel**

**ATTENDENCE TAKEN THROUGHOUT THE DAY**



# PRO AMBITIONS HOCKEY VERNON NJ DAY CAMP ITINERARY



## MONDAY

### 8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

### 9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- 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- Check out

## TUESDAY

### 8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

### 9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- 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- Check out

## WENDESDAY

### 8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

### 9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- 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- Check out

## THURSDAY

### 8:00am- Check in

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

### 9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- 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- Check out

## FRIDAY

6:30-7:00am- Wake up/ Meet with Group

7:00-7:30am- Breakfast

7:30-8:00am- Van ride to rink

8:00-8:30am- Dynamic Stretch

8:30-9:00am- Locker room

### 9:00-11:00am- ON ICE

11:00-11:30am- Locker room

11:30-12:00am- Off ice training

12:00-12:30am- 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- Check out

**ATTENDENCE TAKEN THROUGHOUT THE DAY**