

Vermont - Norwich University



Pro Ambitions Hockey
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...

NORWICH 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, sneakers, hat, sun block, 1 weeks worth of the following items; tee 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, tee 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.

7. Room Necessities- Fans and alarm clocks are recommended for campus dorm room camps.

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

8. 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, I-pods, I pads, 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 Norwich 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:

NORWICH UNIVERSITY

Week One: July 26-30

Check-In: Sunday, July 26 from 4-5pm at the rink (Kreitzberg Arena, 158 Harmon Drive, Northfield, VT)

Check-Out: Thursday, July 30 @ 4:00 from rink and go to dorm to get luggage (2-4pm PA CUP GAME, PLEASE COME AND WATCH!)

Week Two: Sunday, August 2-6

Check-In: Sunday, August 2 from 4-5pm at the rink (Kreitzberg Arena, 158 Harmon Drive, Northfield, VT)

Check-Out: Thursday, August 6 @ 4:00 from rink and go to dorm to get luggage (2-4pm PA CUP GAME, PLEASE COME AND WATCH!)

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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NORWICH UNIVERSITY

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:

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



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PRO AMBITIONS HOCKEY at NORWICH UNIVERSITY:

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

CAMPER MEDICATION INFO

Campers Name:

Medication:

Dosage:

Instructions:

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



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NORWICH UNIVERSITY, VT: Please check off your child's camp week(s):

☐ WEEK 1

☐ WEEK 2

EXHIBIT A

NORWICH 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 Norwich 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 or 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**



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Boarding Camp Program Roommate Preference Request

Please check off your child's camp week:

☐ Week one July 26-30

☐ Week two Aug 2-6

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.

1st Choice _____ **2nd Choice** _____

***please email a copy to jill@proambitions.com**

****if you have already emailed a request, no need to fill out this form**



PRO AMBITIONS HOCKEY, INC COMMUTER CAMP



MONDAY

8:30-9:30am- Check in at rink
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training

TUESDAY

8:30-9:30am- Check in at rink
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training

WEDNESDAY

8:30-9:30am- Check in at rink
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training

THURSDAY

8:30-9:30am- Check in at rink
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE PA CUP GAME
4:00pm- Locker room/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 8:30am and check-out is 5:00pm each day except Thursday (4pm).

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- 10-12pm and 2-4pm each day.

Lunch Time- Lunch will be at 12:30-1:00pm.

Camp Ends at 5pm every day except Thursday (4pm)- 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



PRO AMBITIONS HOCKEY, INC BOARDING CAMP NORWICH UNIVERSITY



SUNDAY

4:00-5:00pm- Check in at the rink
5:00-5:30pm- Camp Orientation
5:30-6:30pm- Dinner
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:30-9:00pm- Team building
9:00-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

MONDAY

7:30am- Wake up
8:00-8:30am- Breakfast
8:30-9:00am- Walk to rink
9:00-9:30am- Dynamic Stretch
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training
5:00-5:15pm- Walk back to dorm
5:15-5:45pm- Shower/relax
5:45-6:30pm- Dinner
6:30-7:00pm- Chalk talk
7:00-8:30pm- Field games
8:30-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

TUESDAY

7:30am- Wake up
8:00-8:30am- Breakfast
8:30-9:00am- Walk to rink
9:00-9:30am- Dynamic Stretch
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training
5:00-5:15pm- Walk back to dorm
5:15-5:45pm- Shower/relax
5:45-6:30pm- Dinner
6:30-7:00pm- Chalk talk
7:00-8:30pm- Field games
8:30-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

WEDNESDAY

7:30am- Wake up
8:00-8:30am- Breakfast
8:30-9:00am- Walk to rink
9:00-9:30am- Dynamic Stretch
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE
4:00-4:30pm- Locker room
4:30-5:00pm- Off Ice Training
5:00-5:15pm- Walk back to dorm
5:15-5:45pm- Shower/relax
5:45-6:30pm- Dinner
6:30-7:00pm- Chalk talk
7:00-8:30pm- Field games
8:30-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

THURSDAY,

7:30am- Wake up
8:00-8:30am- Breakfast
8:30-9:00am- Walk to rink
9:00-9:30am- Dynamic Stretch
9:30-10:00am- Locker room
10:00-12:00PM- ON ICE
12:00-12:30pm- Locker room
12:30-1:00pm- Lunch
1:00-1:30pm- Off ice training
1:30-2:00pm- Locker room
2:00- 4:00pm- ON ICE PA CUP GAME
4:00pm- Locker room/CHECK OUT

ATTENDANCE IS TAKEN THROUGHOUT THE DAY



PRO AMBITIONS HOCKEY, INC BOARDING CAMP NORWICH UNIVERSITY WEEKEND ITINERARY



THURSDAY

5:00-5:15pm- Walk back to dorm
5:15-5:45pm- Shower/relax
5:45-6:30pm- Dinner
6:30-7:00pm- Chalk talk
7:00-8:30pm- Field games
8:30-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

FRIDAY

7:30am- Wake up
8:00-9:00am- Breakfast
9:00-9:30am- Dynamic Stretch
9:30-10:00am- Recovery run
10:00-11:00-Group activity
11:00-1:00pm- Lunch
TBD
4:30-6:30pm- Dinner
TBD
8:30-10:00pm- Down time/showers and relax
10:00pm- Quiet Time- everyone in their own room

SATURDAY

8:30am- Wake up
9:00-9:30am- Dynamic Stretch/run
10:00-10:30PM- Brunch
10:30-11:00pm- Locker room
11:00-12:00pm- ON ICE
TBD
4:30-6:30pm- Dinner
7:00-8:30pm- Field games
8:30-10:00pm- Down time/showers and relax
10:00pm- Quiet Time- everyone in their own room

SUNDAY

8:30am- Wake up
9:00-9:30am- Dynamic Stretch/run
10:00-12:00PM- Brunch
TBD
4:00-5:00pm- Camp week 2 check-in
5:00-6:30pm- Dinner
7:00-8:00pm- ON ICE
8:30-9:00pm- Team building
9:00-10:00pm- Down time/showers and relax
10:00pm-7:30am- Quiet Time- everyone in their own room

ATTENDANCE IS TAKEN THROUGHOUT THE DAY