JEFF SEROWIK'S
HOCKEY SURF BOARDING CAMP
at the
University of Rhode Island
PARENT AND CAMPER CAMP BOOKLET
A TYPICAL DAY IN PICTURES AT THE HOCKEY SURF CAMP

EARLY MORNING OFF ICE TRAINING

MORNING ON ICE TRAINING

AFTERNOONS ON THE BEACH

EVENING ON ICE TRAINING

EVENING ACTIVITIES
MESSAGE FROM OWNER/ PRESIDENT
JEFF SEROWIK

Dear Players and Parents,

I want to welcome you to the Pro Ambitions Hockey Summer Boarding Camp Program. This Summer we are celebrating our 30th Summer of camps. Over that time, we have been perfecting our Boarding Camp Experience from our flagship boarding camp at Boston University to Milton Academy in Milton MA to several other locations throughout New England from the Kents Hill School in Kents Hill, ME and at the UNE in Biddeford, ME, to boarding camp at Stratton Mtn and at Jay Peak, VT, to our one of a kind Hockey / surf camp at the URI in Kingston, RI down to the Mid-Atlantic states to our Vernon NJ boarding camps to our to previous camps at Shattuck St Mary’s in Minnesota to Steamboat, CO to the West coast in Lake Tahoe, CA. to our two latest Boarding Camps at the Mass Maritime Academy in Buzzards Bay, Cape Cod, MA and at Carroll University in Hartland, WI.

My professionally trained staff of instructors and counselors come from all across North America. Each PA staff member has been hand picked for his/her vast hockey knowledge and experience of the game of ice hockey as well as their ability to work with, train and care for youth players. Once hired, each member of my staff goes through a specifically designed training program for my camps. Pro Ambitions Hockey is committed to providing strong leadership, professional instruction and personal care in a positive atmosphere that reflects respect towards each of our campers.

We are looking forward to meeting and working with your children this summer at one of our Pro Ambitions Hockey boarding camps. Plan for your children to have an amazing summer hockey camp experience this summer at Pro Ambitions Hockey!

Best Regards,
Jeff Serowik
Owner and President
Pro Ambitions Hockey
MISSION STATEMENT

Pro Ambitions Hockey Camps strive to provide each of our camps with an unparalleled opportunity for every player to learn and develop the latest and most advanced hockey skills, techniques, and habits.

PHILOSOPHY

The Pro Ambitions Hockey philosophy regarding skill development and training has always been to enhance each player's love and passion for the game. Through skill development that will develop, educate, and challenge each player, in fun, yet positive and safe environment.

GOALS AND OBJECTIVES

The Goal of Pro Ambitions Hockey is to provide a complete on and off ice hockey training camp experience, with a strong emphasis placed on unsurpassed service provided by it’s professional staff. Below are many of the attributes of the Pro Ambition Hockey Experience...

To provide...

• A fun, yet challenging atmosphere for each camper.
• Each player with an interesting, intensive, and specialized instructional program that places focus and importance in each area of the game of ice hockey.
• To build a lasting friendships with the campers based on personal respect, athletic compatibility and common experiences.
• To teach and expose campers to positive characteristics and traits, such as, leadership, trust, teamwork, hard work, positive self-image, taking responsibility for one’s own decisions, actions, and behavior both on and off the ice.
• To teach and emphasize the importance of sportsmanship and fair play.
• To emphasize the importance of a positive attitude toward coaches, referees, and their opponents.
INTRODUCTION TO THE HOCKEY SURF CAMP

THE HOCKEY/ SURF CAMP EXPERIENCE
Welcome to the ULTIMATE summer-time ice hockey boarding camp experience that combines both ice hockey and surfing, the two most extreme sports played on/in water. This camp has been a huge success over the past twenty years. So much so that it sells out every summer well before the rest of our boarding camps! This is a one-week camping adventure, where campers can develop both their HOCKEY skills and their SURFING skills in the same week. That’s extreme!

What could be better than the Pro Ambitions Hockey’s signature BATTLE CAMP curriculum at University of Rhode Island’s state of the art Boss Arena every morning and evening and as well as spending each afternoon at Newport, RI’s Narragansett Beach in the afternoon to ride some waves and get in some surfing lessons from our surfing Pro, Sean Jackson.

Pro Ambitions Hockey, Inc. traveled all across North America, from Florida to California to Hawaii to find the perfect pro surf instructor and his staff for this camp. Both our Head Surf Instruction, Sean Jackson and our Hockey Director, Reggie Hebert have been with this camp since the first summer.
MESSAGE FROM CAMP DIRECTOR  
REGGIE HEBERT

Dear Parents,

First, let me just start by saying that “It’s Great to finally go back to URI for the Pro Ambitions Hockey Surf camp this Summer!” This is truly an incredible camp experience! Where else do you get the opportunity to play hockey and surf each day. Picture this...hiking down to the rink each morning to carve up the ice, then heading out to the beach to hang out in the surf and sand, carving up some gnarly, waves at Narragansett Beach and then finishing the day off on the ice having fun working on our team skills, getting ready for the PA Cup Game on Friday! Not a bad way to spend your week...

Now, that I’ve gotten that off my chest (and your attention)... I’d like to take this opportunity to WELCOME EVERYONE to the 2024 Pro Ambitions Hockey/ Surf Summer Boarding Camp at URI. My name is Reggie Hebert. I will be the Camp Director for the Hockey Surf camp. This is my 17th Summer running the Hockey/ Surf Camp and my 21st year working with Pro Ambitions Hockey.

Hopefully, you will find this booklet/ guide helpful, it should answer many, if not all, of your questions or at least giving you a better understanding of what to expect at a hockey/ surf boarding camp and what Pro Ambitions Hockey expects from each of its boarding campers. If there is anything that has not been answered, I encourage you to contact me and/ or the PA office for more information.

I am looking forward to meeting you and working with your child(ren) this summer... See you soon!

Thank you,
Reggie Hebert
On Ice /Boarding Camp Director
Pro Ambitions Hockey
Contact Info:
Phone: (781) 608-1213
Email: reggiehebert@hotmail.com
QUESTIONS REGARDING PRE-CAMP PREPARATION AND CONTACT

Q: What is the purpose of this camp guide and what does it contain??
A: This is the Pro Ambitions Hockey Boarding camp guide. We’ve put this guide together for the purpose of hopefully answering many of the questions and concerns that parents and players may have prior to the start of the camp while preparing for camp. This guide contains camp information that will help parents and players better understand what to expect at camp and what will be expected of each camper.

Q: Prior to the start of camp, if I have questions regarding the camp, who should I contact at Pro Ambitions Hockey?
A: If you have unanswered questions prior to the start of camp... please feel free to contact the Pro Ambitions Hockey Head office. All of the Pro Ambitions Hockey contact information can be found on our website, http://www.proambitions.com.

Q: Once camp begins, who should I contact if I have questions regarding my child’s camp?
A: Once camp begins, you can always contact the Head Office. But the quickest way to address all your questions and concerns pertaining to your child’s camp at URI would be to contact the Camp Director who is on sight at the camp. The Camp Director can be reached directly via cell phone and/ or email. Their contact info will be available at check in.

Please keep in mind that the Camp Director is on the ice and attends all camp activities each day. So they might not be able to answer/ respond to your call/ email immediately. But they will return all voicemails and emails as soon as possible (within 24 HRS).

Q: What should we do to begin to prepare for my child’s upcoming boarding camp?
A: Start by going through the guide with your child. If you have any further questions and/ or concerns, please contact us at Pro Ambitions Hockey. We can answer any unanswered questions you may have before the start of the camp.

Make sure to fill out all paperwork and send in as soon as possible (registration/ health forms/ liability waiver/ roommate request sheet). As well as letting us know if your child has any food allergies, special dietary requirements or any other unique daily requirements or instructions.

Players should be active prior to coming to camp. Getting on a Pre-camp program that includes; stretching, warming up, weight or body weight training, explosive training, shooting, and puck handling training would be beneficial to their camp experience.
CAMP CHECK IN DATES/ TIMES AND LOCATION

Q: How do I find out when my child needs to be at camp?
A: Drop off and pick up times will be provided (Below) in this guide as well as on the website. Additional information will be sent out via email prior to the start of each camp week. Below are the check in and checkout dates, times and location

CAMP RUNS FROM JUNE 30-JULY 5, 2024
CHECK IN DATE and TIME: Sunday June 30 from 3:00 to 5:00PM at the Boss Arena Hockey gear drop off, then check in at the Merrow Hall Dorm.

CHECK OUT: Friday July 5 between 3:30-4:30PM- Campers can be dismissed from camp following the completion of the PA Cup Game on Friday (3:00-3:30pm). If you are traveling to pick up your child, please plan your travel time accordingly as Friday traffic can be quite busy on all of the major roadways around the URI area.
*All campers must check out with the Camp Director before leaving the URI campus on Friday.

Q: What if I am unable to bring my child to camp or pick them up at the end of the camp week? Does Pro Ambitions Hockey offer any type of transportation to and from camp?
A: Unfortunately, Pro Ambitions Hockey is unable to provide any type of pick up and/or drop off services. There are many different local transportation services that work in and throughout the Greater New England area. Parents must take care of all drop off and pick up transportation needs for getting their child to and from the camp.

Q: What if my child is being dropped off by a transportation service, can they be dropped off earlier than the 3PM check-in time?
A: Special arrangements can be made ONLY for campers that are being dropped off by a transportation service prior to the 3pm check in starting time. Parents must pre-arrange an early drop off with Pro Ambitions Hockey administration prior to the start of camp. The Pro Ambitions Hockey staff will not be at URI before 1PM on Sunday June 30, 2024.
The University of Rhode Island does not permit unattended campers to be left on the campus. Nor do they offer or provide any type of services to accommodate campers before the start or after the finish of the Pro Ambitions Hockey camp.

Q: What if I can’t drop my child off until after 5:00PM?
A: At 5:00PM the camp officially begins, parents should contact the Camp Director and let them know that they are running late and give them an ETA as to when they will arrive at camp. This will allow the Camp Director to make the necessary arrangements to check in the camper(s).
QUESTIONS REGARDING CHECK IN AND CHECK OUT

Q: What is the check-in procedure at a Pro Ambitions Hockey boarding camp?
A: At 3PM, parents and players can start by dropping their hockey gear off at the Boss Arena, before heading up to the Merrow Hall Dorm. There will be Pro Ambitions Hockey staff at the rink to collect and store the player’s hockey gear. Once the hockey gear has been dropped off at the rink, parents and players can drive up to the dorm to check in players/ campers. Campers will bring everything else up to the dorm.
*There are two maps in the back of this guide one to the rink and the other to Merrow Hall.*

Q: What do we do if our child is bringing their own surfboard?
A: If your child is bringing their own surfboard to camp. They will bring it up to the dorm, at check in. The surfboards will either be picked up Sunday night by surf instructors at the dorms or will be transported on the bus Monday to the beach where the surf instructors will hold on to all the boards until Thursday. On Thursday the surf boards will go back to the dorms with the campers.

Q: What Necessary Paperwork is needed to attend the Pro Ambitions Hockey Boarding Camp:
Camp Registration forms
Physical and Health forms
Immunization Records
Liability Waiver
*Campers can not be checked-in until Pro Ambitions Hockey has received a copy of each of these required documents that has been completed, updated and signed.*

Q: Who do we leave our Child’s medication with at check-in? Can they hold on to their medication?
A: All medication (prescription and over the counter) must be handed in to the nurse or health care provider at check-in. This includes inhalers and over the counter meds such as pain relief medicine. Per RI Board of Health all medication and administering of medication both Prescription and over the counter must be recorded by the Pro Ambitions Hockey nurse/ health care provider (this includes pain relief medicine). We recommend that parents pack two inhalers one to hand in at check in and the other for the camper to hold on to during camp. All other medicine must be handed in at checked in.

Q: Does my child need spending money for the week?
A: We recommend that you leave your child some extra money for the week. There are not many opportunities to spend money, but campers do like to order food at night and/or get snacks during the day at the rink or beach. The amount varies, on average parents leave their children with between $50. and $100.
QUESTIONS REGARDING CHECK IN AND CHECK OUT

Q: What is the Pro Ambitions Bank? Pro Ambitions Hockey offers a free of charge banking service that will ensure parents that their child’s money will not get lost, stolen or all spent before the end of the week. At check in, we would collect their money, during the week we would distribute each camper’s personal money and track it throughout the week. Your child will have several opportunities to access their money each day.

* The University of Rhode Island, Pro Ambitions Hockey Inc and staff are not responsible for any money lost or stolen that campers decide to hold on to during the week. Campers are responsible for all money in their possession during the camping week.

Q: Can we change our child’s rooming assignment at check-in?
A: No, once we submit our dorm rooming assignments to the URI Housing Management, we are unable to change the room assignments. We try to avoid this at check-in, by sending out the roommate request form as early as possible. We do our very best in trying to accommodate and comply with all of the rooming requests.

Q: Can my child or I purchase Pro Ambitions Hockey gear at the boarding camps?
A: All Pro Ambitions Hockey gear can be purchased online at the PA website... proambitions.com.

Q: When will my child receive his camp hockey jersey and any other camp gear or training devices?
A: Pro Ambition Hockey jerseys will be handed out at check in or at the rink prior to the first skate. Training gear ordered prior to the start of camp will also be handed out at check in or at the rink.

Q: Is it possible to get a copy of my child’s camp schedule/ itinerary?
A: Yes, a copy will be attached at the end of this booklet and copies will also be available at check in.

Q: What time is check out?
A: Checkout will begin after the conclusion of the PA Cup game on Friday afternoon between 3:30pm-4:30PM at the dorm. If you are checking your child out before the game on Friday, make sure to contact the Camp Director before Friday and also check your child out in person on Friday with the Camp Director.

Q: May I have another family member or friend pick up my child at check out on Friday or early during the week?
A: Yes, but arrangements must be made in advance with the Pro Ambitions Hockey Administration and/ or Camp Director. A photo ID is required by all non-parent or legal guardians picking up campers at check out.
QUESTIONS REGARDING BOARDING AND DORM CONCERNS

Q: What are the dorm/ residence living quarters like at the Pro Ambitions Hockey camp at URI?
A: We will be staying in the Merrow Hall dormitory on the URI campus. It is an older, dorm but very clean with central air in the hallways. Keep in mind that it is a college dormitory, not a hotel suite. It has the basic room necessities that are provided by the URI Housing; Bed, mattress, bureau, desk and chair. Campers must bring their own pillow, linens, blanket, towel. The dorm is three stories tall and designed with two main wings on each floor, there is a large bathroom in each wing, complete with multiple shower stalls.

Q: Is the dorm airconditioned?
A: Merrow Hall dorm rooms are not air conditioned. There is central air in the hallways. Campers are allowed to bring fans for their rooms. Campers are not allowed to bring any type of portable air conditioning units.

Q: Are campers allowed to bring mini frigs or microwaves?
A: No, Campers are not allowed to bring any type of refrigerators or microwaves for their rooms.

Q: Are campers allowed to bring tv’s?
A: No, campers are not allowed to bring tv’s.

Q: Is there wifi in the dorms?
A: Yes, there is wifi throughout the dorms. Campers can bring their laptops, tablets, smart phones. But they are responsible for these items at all times during their stay at camp. Pro Ambitions Hockey and the University of Rhode Island are not responsible for loss, theft and/or damage to any of these items.

Q: What kind of adult supervision is provided in the dorms?
A: The Pro Ambitions Hockey staff provides 24 security. The safety and well-being of each of our campers and staff is our number one priority and we take tremendous pride in this detail. The Pro Ambitions staff will be boarding in the dorms and on the same floors with the campers. This allows us to always have supervision and a staff presence on each floor at all times. All Pro Ambitions Hockey staff have gone through a thorough background check that includes; CORI, SORI, NBI certified. They also have been medically cleared to be in camp. Each instructor/counselor goes through our online boarding camp training program before working at our boarding camps.

The University of Rhode Island has 24 hour on call security and police staff to handle any concerns and emergencies. URI also has medical staff on campus every day.
QUESTIONS REGARDING BOARDING
AND DORM CONCERNS

Q: Are the camper’s doors locked at night and during the day?
A: Yes at URI, the dorm room doors have locks, each camper will receive a key card to get into the building and a combination that will lock and unlock their dorm room door.

Q: Do campers have to turn in the key cards at the end the camp week?
A: Yes, Campers must turn in the key card at the end of the camp week. Campers will be charged $50.00 by URI for key cards that are lost or not turned in at the end of the week.
* Remind your child to turn his/ her card in before leaving on Friday.

Q: Are campers allowed to leave the dormitories or campus unsupervised?
A: No, there is very little down time during the day for campers to go wandering around the campus. Campers are given an opportunity to hang out in the common areas of the dorms and the other dorm rooms until lights out. Male and female campers are not permitted to hangout in opposite sex dorm rooms or wings of the dorm. All campers must be in their own dorm rooms at and after lights out is called.
* Campers that wander out of the dorms at night or wander off away from the camp during any part of the day or night are subject to being sent home early from camp.

Q: Can we pick our child up for lunch or dinner during the camp week?
A: Yes, campers can be picked up by their parents and taken out to lunch and/ or dinner, etc. We ask that parents to make sure to contact Pro Ambitions Hockey Head office prior to the start of camp or during the camp week to contact the Camp Director (directly) to make arrangements to pick up and drop off their child at camp.
* We don’t recommend pulling a camper(s) out of camp unless it is necessary as the camp week goes by very quickly and they miss out on camp/ team activities.
QUESTIONS REGARDING PA STAFF
AND SAFETY PROTOCOL

Q: What type of background check and training does the PA Staff receive?
A: Pro Ambitions Hockey hires the most professional, responsible and caring staff members each summer. Each potential PA staff member goes through an extensive background check before being hired (including both SORI, CORI & NBI checks). Once a potential candidate passes the background check, they are trained both online and through several instructor orientations that are held prior to the beginning of each summer camp season. From there only the best candidates are chosen to work for Pro Ambitions Hockey Boarding camps. The Pro Ambitions Hockey Boarding camp instructors/ counselors go through additional online training and boarding camp orientations prior to the start of each PA boarding camp.

Q: What type of safety protocol is in place at the Pro Ambitions Hockey Boarding camp?
A: To comply with both state and Federal laws, Pro Ambitions Hockey has developed a comprehensive set of procedures based on the guidelines set down by both state and Federal governing bodies. For more information regarding the Pro Ambitions Hockey Emergency Procedures and protocol please contact us at proambitions.com.
QUESTIONS REGARDING TRAINING
ON ICE AND OFF ICE

Q: How many hours of on ice training do the campers receive each day at the boarding camp?
A: At this Pro Ambitions Hockey camp, the campers receive 16 hours of on ice training and development, which is broken down to 3 hours - 2morning 1 evening a day Monday thru Thursday and then 4 hours- 2morning and 2 afternoon on Friday.

Q: How many hours of surfing does the camp get in through the week? We typically get 3 hours of surfing a day Monday thru Thursday, averaging about 12 hours for the week each summer, depending on the weather and the surf.

Q: Are parents allowed to watch the on-ice sessions?
A: Yes, parents are allowed to watch the on-ice sessions as often as they want. We are on a very tight schedule, so we ask that parents do not come down to the locker rooms after the on-ice sessions.

Q: What is the on-ice player to instructor ratio?
A: There is never more than a 5 to 1 ratio.

Q: What type of on ice training system and methods does Pro Ambitions Hockey utilize at their camps?
A: Over the past 25 years, we have created and continue to develop our unique training curriculum/ experience that focuses on each of the major on ice skills/ battle components as well as adding an off- ice training experience that is found at no other boarding camp. The Pro Ambitions Hockey training system introducing, teaching and developing players through a building block method of training that focuses on training every aspect of each skill from the introduction, through development and finally it’s utilization in game situation.

Q: What type of training do the goaltenders receive at this camp?
A: The goaltending camp features a similar approach to teaching and training our goaltenders. The goaltender training will combine both an on and off curriculum throughout the week. Each day the goaltenders will work exclusively with the goaltending staff, before being mixed into the main camp for shots and game-like play training and development.
Q: What type of medical response does Pro Ambitions Hockey provide at their boarding camp?  
A: Pro Ambitions Hockey has a medical response system in place at each of its boarding camp locations to respond to all medical situation that may occur during camp. Each boarding camp has a camp nurse or a health care supervisor trained and certified in first aid and CPR to handle potential medical situations. There is also a medical facility on the URI campus that is staffed during the summer months. Pro Ambitions Hockey also has a medical emergency response protocol with each boarding camp site.

Q: What do I do with my child’s medication?  
A: Campers are not allowed to medicate themselves.  
Parents should report and hand in all Medication- All medication’s both prescribed and over the counter medications must be reported and hand in to the Pro Ambitions Hockey nurse and/or the health care supervisor at check in. All medication must be in a labeled container, with the name of the camper, name of the medication, what it is for and instructions on how to administer it. All medication must be stored and secured with the nurse or the health care supervisor.  
Administering Medication- Camper’s must not take any medication without the camp nurse or camp health care supervisor knowledge as all administered medications must be recorded in the camp medical logbook. Instructor/ counselors are not permitted to administer or supervise the taking of any type of medication to/ by campers. There fore it is necessary that only the nurse and/ or the camp health care supervisor administer, supervise or hand out any and all types of medications to campers.  
• Campers are allowed to keep and carry their emergency inhalers with them. It is recommended that parents bring extra inhalers.
All camper/ parents when arriving with medication must hand in medication and instructions to nurse/ health care supervisor.  
• All Pro Ambitions Hockey Head instructors are certified in First Aid and CPR response.  

Q: Are campers allowed to hold on to and share over the counter medications with other campers?  
A: No, and No, all medications including over the counter pain relief meds must be handed in to PA nurse/ health care supervisor. All medication that is administered at camp must be administered or supervised and documented by the camp nurse/ healthcare supervisor.  
* Campers should never share medication even over the counter medication with another camper.
QUESTIONS REGARDING MEDICAL AND HEALTH CONCERNS

Q: Will I be contacted in the event of an emergency or other serious medical situation?
A: Yes, in the event of a medical emergency or any medical situation involving a camper. The PA nurse or Health care supervisor on location will contact and notify the parents/ guardian of the situation and/ or the child’s condition as soon as it is possible. If the parents cannot be reached immediately someone from the PA administration will contact parents/ guardians of situation.

Emergency situations or walk in visits- If it is determined that a student needs emergency or even walk in medical attention by a doctor, the camper will be taken by the nurse/ health care supervisor and a member of the PA staff to a local medical clinic or hospital. The nurse or Health care supervisor will immediately attempt to contact the parents/ guardians of the camper.

GENERAL ORDER FOR FIRST AID
ILLNESS- If a camper becomes ill the camp nurse or health care supervisor will first isolate the camper and determine after examining the camper whether the camper needs further medical attention (visit emergency room or medical facility). The nurse/ health care supervisor or Camp Director will contact parents regarding child’s condition and treatment. If a parent or guardian can not be reached the emergency contact on the health form will be contacted.

ACCIDENT OR SERIOUS ILLNESS- A parent/ guardian will be immediately contacted by phone regarding any and all injuries and/ or illnesses to their child. The nurse or health care supervisor will contact parents regarding child’s condition and treatment. If a parent or guardian can not be reached the emergency contact on the health form will be contacted.

NUTRITION/ REST/ HYGENE
All Campers will take care of themselves throughout the week- Campers need to eat, get rest and take care of themselves throughout the week. Mealtimes are mandatory and campers should try to make healthy food choices. Rest and sleep is needed as this camp runs throughout each day with campers constantly moving, exercising playing, etc. We are going from early in the morning until well after dinner. Campers need to get their rest. Taking care of themselves includes proper hygiene, changing their clothes, showering, brushing their teeth, washing their hands. The staff is there to help and remind campers to take care of themselves. But ultimately it is up to the campers to take care of themselves.

Special Dietary Needs- Make sure to contact the Pro Ambitions Hockey Admin as soon as possible regarding any special dietary needs or dietary restrictions that your child may have at the time of the camp. It is important that we have all necessary info to relay to the dining hall and catering services.
CAMP RULES REGARDING DORMS

1. Campers check out or leaving camp - Campers are not permitted to leave a Pro Ambitions Hockey camp without parental consent, proper paperwork and notification by their parent prior to the camper being checked out. Campers will not be permitted to leave with another family without written permission/verbal consent from the parent/guardian of the camper. Parents and guardians will be asked to provide a positive picture ID when picking up a camper before or during check out.

2. Lost and/or theft - Campers should only bring necessary items for camp life... your camper’s stay with us is short. Campers should remember to shut and lock their dorm room door when leaving for daily activities. We ask all campers at orientation to be respectful of other camper’s property. Pro Ambitions Hockey is not responsible for any lost or stolen items. Any camper caught stealing or in possession of another camper’s lost belongings/money will be immediately sent home.

4. Respect - Each camper is expected to be on their best behavior at all times, during all Pro Ambition Hockey events on and off campus. We expect our campers to be respectful to each other, to the PA staff and to the employees of the URI campus, their guests as well as the people and patrons at the rink.

5. Zero Tolerance for Bullying - Pro Ambitions Hockey has a zero-tolerance policy for harassment and/or bullying. Any camper involve in this type of this behavior will be sent home. Campers are given their one warning regarding bullying at the camp orientation on the first night.

6. Illegal Substances and/ or weapons in camp - Campers are not permitted to have any type of illegal drugs, alcohol, tobacco products, lighters, matches or weapons of any sort. Camper caught with any of these products/ weapons will be sent home.

6. Care of Campus facilities and property - Pro Ambitions Hockey staff and it’s camper are all guest at each of the boarding camp locations. We have a great relationship and an impeccable reputation and record at each of our boarding camp locations. Campers are expected to take care of their dorm rooms and all property to the dormitories. Any damages done to the rooms will be charged to the camper/ families.

7. Cell phones - Campers are allowed to have their cell phones at camp. Each camper is responsible for their cell phone at all times. We recommend that campers limit their cell phone use during the camp day. At no time, are campers are not allowed to use their cell phones in the locker rooms and/ or bathrooms for any circumstance.

* Campers that abuse the PA cell phone policy will have their cell phones confiscated and kept until the end of the day or the end of the week, depending on the infraction.

8. Emergencies - If a parent needs to contact their child and can’t get through to them during the day. They should contact the Camp Director on site. Contact information will be made available camp at check in. The Camp Director will then have your child contact you. In the case of a camp type emergency, parents of the campers involved in the situation will be immediately contacted by the camp nurse, Camp Director or Pro Ambitions Hockey administration.
**Mealtime Schedule**- We will be eating most of our meals at the URI dining facility, this will include breakfast, lunch and dinner on Monday, Wed and Thursday. Sunday evening we will have dinner will be catered by a local restaurant. Thursday the Fourth of July we will have all three meals catered by the same local restaurant.

**Ready for day activities prior to going to Breakfast**- The camp has very little time in between meals and activities. Each morning before heading to breakfast, campers will pack all of their needs for the rink and take them to breakfast. After breakfast the camp will hike down to the rink to start their daily training.

**Mealtime Head Counts**- Before heading over to the dining hall for each meal, there will be a head count. At breakfast, lunch and dinner, all campers will meet in the lounge in the dorm for the head count.

**All Campers will sit together in a designated area**- Campers will sit with their groups and their group leader for meals. This allows PA staff to monitor and supervise campers in the dining Hall. Each PA Staff member will get a head count of the campers in their group at each meal.

**No horsing around in dining hall**- The dining hall is typically busy during our stay on campus. The dining hall management has very specific rules and regulations regarding the behavior of all of its patrons. Campers are not allowed to... run around inside the dining hall, throw food, be disruptive. The dining hall has staff monitoring the dining area at all times.

**Respectful Behavior from all PA campers**- All PA campers and staff are expected to behave and act in a respectful manner at all times to all URI staff and other guest.

**Eating/ Dietary Restrictions**- Please make sure to inform the Pro Ambitions Head office if your child has any dietary restrictions. With advanced notice we can make sure that the dining hall services are capable in handling your child’s dietary restrictions and/ or needs..

**Healthy Eating Habits**- The dining service at URI offer a variety of options at each meal. We can’t force campers to eat healthy. But we will recommend some healthy choices at each meal to the campers.

**Clean up**- All campers are expected to clean up their plates and utensils after each meal. Campers are also expected to help their group clean up their table/ area if needed after each meal.

**Head Count After Meals**- After each meal, once the campers have exited the dining hall, the PA staff will conduct a head count before heading to the next activity.

**Lunch time**- Monday thru Thursday the camp will be heading to the beach right after lunch. The bus will pick us up at the dorm. So campers will be able to go back to the dorm after lunch and get ready for the beach.
CAMP RULES
ICE ARENA

1. All Campers will behave themselves and be respectful to staff and patrons at the Boss Arena - The camp will be spending considerable time at the arena during the week both on and off the ice. Campers are expected to be at their best behavior throughout the day.

2. All campers must be respectful of all of the property and equipment at the Arena - Campers should not be horsing around, shooting pucks or balls in the lobbies of the arena. Campers will clean up their area as well as help out to keep the locker rooms and training areas within the arena clean.

3. All campers are expected to listen and follow direction of PA staff at rink - After each on ice sessions, campers will be instructed to sit in the lobby and wait for the rest of the campers to exit the locker rooms.

4. Campers are expected to take care of their own equipment - Campers are expected to take care of all of their equipment throughout the week. During the day players will be allowed to keep their gear in the locker rooms to dry out. After the evening skate the players will need to move their gear to a specified area for the night.

5. Campers are expected to respectful to one another on the ice, in the locker rooms and off the ice - Bullying and intimidating other campers will not be tolerated. Everyone will receive one warning on Sunday evening at orientation. Players will be warned of excessive body contact or what is deemed by the Camp Director as dangerous play. Players that continue to play this way may be removed for the remainder of the session. Our goal is that everyone has a safe week and great camp experience.

6. Campers are expected to dress and participate in all on and off ice sessions - Unless the nurse, health care provider and/or Camp Director determine that a player should not participate in activities due to health or disciplinary reasons.
**CAMP RULES REGARDING**
**BUS RIDE AND BEACH**

1. **All Campers will be ready to go each day** - We have a very tight schedule each day. All campers must be ready to go on time. After lunch the campers have about 15-20 minutes to change and round up what ever they need to take to the beach.

2. **Camper's Money** - Campers that are having Pro Ambitions Hockey hold their spending money can get money for the beach before boarding the bus.

3. **Role call** - We do four role calls for the beach excursion each day. The first one is in the dorm before we board the bus. The second is on the bus before we pull away from the dorm. The third is at beach before we board the bus to come back. The fourth and final role call is on the bus before we pull away from the beach and head back to the dorm.

4. **Behavior on the bus ride** - No screaming, jumping around during the bus ride. All campers are expected to keep noise to a minimum and stay seated for the duration of trip to and from the beach.

5. **Bus Clean up** - Each Camper is responsible for keeping their seating area clean and is expected to help out if needed when the campers are exiting the bus.

6. **Listening and Following Directions** - All campers are expected to follow the directions of the Camp Director, PA staff, surfing staff and lifeguards and all beach admin at all times at the beach. This includes all safety guidelines in and out of the water and all emergency alerts and warnings.

7. **Campers will stay with the group or in smaller groups at the beach** - Campers young and old are not allowed to wander off by themselves at the beach. The beach we surf at is very crowded throughout the week. Campers are not allowed to go to the bathroom and/or the snack bar without first notifying their group leader (PA staff) and without their buddy or group members.

8. **Campers are expected to be on their best behavior and respectful to other people at the beach** - There are a lot of people that live there and use this beach all summer long. We are guest and want to continue to be welcomed guest at this beach.

9. **All campers will help clean up the camps set up area at the beach** - Each camper is a part of the camp. We expect everyone to pitch in and help out with the clean up when leaving for the day. We want our and of the beach to be the way we found it each day... clean!

10. **30 Minute warning** - The staff will give the campers a 30-minute warning, prior to starting to pack everything up for the day. This is when campers finish surfing and start to pack up their belongings, clean off their boards and clean up the beach area. Once we have completed cleaning up our beach area. The camp will start heading back to bus.

11. **Campers are Responsible for their Belongings** - Each camper is responsible for what ever they bring to the beach. This includes their surf/ rental boards, their money, their wetsuits, clothing, cell phones, music devices, etc.
SURF DIRECTOR/ CHIEF INSTRUCTOR
Sean Jackson, PA URI Surf Director
Cell: 401-368-3015
Email: actionjaxx21@gmail.com

DATES, TIMES and LOCATION
Surf Camp Dates: 6/30- 7/4 (4days) No Beach on 7/5
Surf Session Hours: 1-4pm
Location: Narragansett Town Beach

SURF CAMP PROGRAM
Mission: We are a safe, inclusive and respectful surf camp that empowers our athletes to develop water safety and surf knowledge to encourage competent lifelong surfers.

Vision: Stoked to learn to surf, confident to take a risk, prepared to thrive.

Core Values: We believe that our athlete’s development must be built around teaching water safety and core surf knowledge. Our full surf package provides our athletes access to the beach, a surfboard, a wetsuit and twelve hours of surf coaching from the best surf instructors on the East Coast. When you rent a surfboard, please know that our coaches teach our athletes both in and out of the water, therefore there will be instruction with and without a surfboard. Our surf program places our athletes into groups based on their individual experience. There will be times when they are involved in dryland training on the beach, other times swimming in the impact zone and other times learning with the surfboard. Our surf program has a range of equipment for all athletes to access through shared surfboards, boogie boards, stand up paddle boards and skim boards. So that our athletes can experience a wide range of surf equipment with a professional surf coach on the beach.

Flexibility: All beach activities are influenced by the weather; sun, rain and the wind. In the past, we have surfed in sun (most favorable condition), in the rain (less favorable condition), even with minimal or very windy conditions. But in the event of a lightning storm, the town of Narragansett will close the beach during the storm. Depending on the circumstances the Surf Camp Director will determine whether or not the situation is safe for the camp to come to the beach that day. If the situation arises that surfing is not a safe option for the camp. The camp will go to the South Luxury Cinemas, at no additional charge.

Instruction: We teach our athletes using a Four Day Progressive training structure:

FOUR DAY PROGRESSIVE TRAINING STRUCTURE

1. Day One: Orientation- Surfers are split into small groups that rotate thru three different beach zones (Zone One- Dryland, Zone Two- Impact Zone, zone Three- Past the Break). Focus is on determining each athletes level of surf knowledge and experience as well as their water competency. We will introduce our athletes to our language regarding safety both in and out of the water. Day One will include; discussion on surf equipment, and safety, practicing surf techniques on the beach and then experience with a surfboard in the water.
2. **Day Two:** The camp will be divided into two groups (Zone One- Swimming and Zone Two- Surfboard training)

3. **Day Three:** Continue working with two groups (swimming and surfing)

4. **Day Four:** One large group, campers have the option to surf, swim, beach games, finishing with some surf and beach competitions.

**SUPERVISION AT THE BEACH**

1. **Camp Orientation:** On Sunday night, the Camp Director, will go over camp expectations. This will include the bus ride, the Beach and surfing.

2. **Head Counts:** There will be several Camper head counts; 1. Before getting on bus, 2. before the bus pulls away from URI, 3. Before heading back to board the bus at the beach, 4. before the bus pulls away from the beach heading back to URI.

3. **Buddy Up:** Each camper/athlete will be assigned to a group. Each group will have 1-2 hockey coaches supervising the group. Within each group we will use the “**BUDDY SYSTEM**” campers will buddy or pair up with 1-2 other campers. They will stay together for the day. Any time they have to go to the bathroom or snack bar. They will go with their buddy after informing their group leader (coach) where they are going.
   * Younger campers will go to bathroom in a group with their group leader.

4. **15 Minute Warning:** Camper/athletes will be notified 15 minutes prior to packing up to leave the beach. Coaches will round up their group of campers and head to the bus pick up area.

**CLEAN UP AT THE BEACH**

We are and have been guest at this beach since 2006. We have never had any incidents or situations that has damaged our good standing with the beach or town of Narragansett. Before heading back to the bus, each camper is expected to…

- help clean up the entire area of beach that we use each day.
- 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.
- be responsible for all of their belongings (towels, bags, trash, cell phone, etc.).

**SURFBOARD STORAGE**

On Monday, the camper’s surfboards will be taken to the beach on the bus, and then left in the care of Coach Sean from Monday thru Thursday. Campers will take their surfboards back to the dorm at the end of the day on Thursday.

**ATHLETE to ADULT SUPERVISION RATIO:** Minimum 5:1

1. **LIFEGUARDS:** (6) 2 towers in the surf zone, each tower has 3 active on duty lifeguards at all times.
   **Responsibility:** Actively watching all beach and surf zones.

2. **SURF COACHES:** (5) Supervising and training athletes
   **Responsibility:** Supervise and surf training in all three zones.
3. HOCKEY COACHES: (8) Supervision and support for surf staff
Responsibility: Active supervision and support in all three zones in the water and on the beach

* These numbers are the framework formula and can fluctuate based on the needs to run a successful surf/ beach experience for the total number of athletes attending camp. Athlete safety is the number one priority!

MISCELLANEOUS BEACH GEAR
1. Bathing suit  
2. Dry Tee shirt- something to wear to and from the beach
3. Flip flops- to protect the bottom of the feet.
4. Beach towels- (2) One to lie or sit on and the other to dry off
5. Sunglasses- to protect the eyes
6. Hat- Baseball cap, sun hat beach hat, something to protect the head from being in the sun all day.
7. Sun Block- something recommended that will stay on while your child is in the water.  
8. Rash guard- Has two purposes to protect against sun burn and to protect against painful chaffing of the chest and belly, caused by bare skin rubbing against the surfboard wax applied for traction on the deck of the surfboard.

SURF CAMP FEES: All beach and surf rentals should be made in cash at check in with Surf Director on June 30, 2024

1. Weekly Beach Passes: $50.00/ Week admission/ access to beach (Required per camper).
2. Weekly Surfboard Rental: $150 for 4 days (Optional, if your child does not have their own board)
3. Weekly Wetsuit Rental: $50 for 4 days (Optional, if your child does not have their own wetsuit)

*** FULL SURF CAMP PACKAGE: $200.00
Q: What clothing and other items should we pack for a week-long boarding camp?
A: You should pack your child the following items...

**CLOTHING:**
1. Underwear- 10-12 pairs
2. Socks- 10-12 pairs
3. Shorts- 6-8 pairs
4. T-shirts- 8-10 shirts
5. Long sleeve shirt- 1-2 shirts
6. Sweatpants- 1-2 pair of pants
7. Running shoes- 1 pair
8. Sandals- 1 pair
9. Swimsuit- 1-4 pairs
10. Baseball cap- 1 hat
11. Light jacket or sweatshirt- 1 either
12. Sunglasses

**TOILETRIES:**
1. Shampoo- 1 bottle
2. Body wash/ Soap- 1 bottle/ bar
3. Toothbrush and toothpaste tube
4. Sun block- 1 large tube
5. Bath towel- 1-2 large bath towels
6. Beach towels- 2-3 beach towels
7. Laundry bag- 1 bag

**DORM:**
1. Bed linens/ blanket
2. Pillow
3. Alarm clock

* URI provides each camper with a mattress, mattress cover, and a pillow

**HOCKEY GEAR:**
1. Skates- 1 pair
2. Hockey gloves- 1 pair
3. Shin pad- 1 pair
4. Shoulder pads- 1 pair
5. Elbow pads- 1 pair
6. Helmet- 1 w/full cage
7. Hockey pants- 1 pair
8. Cup and supporter- 1
9. Hockey socks- 1-2 pairs
10. Hockey jersey- 1 PA jersey
11. Under armor- 1-2 sets
12. Ice hockey stick 1-2 sticks
13. Street hockey stick- 1 stick

**HOCKEY EXTRAS:**
1. Skate laces- 1 set
2. Water bottle- 1-2 bottles
3. Tape rolls- 1 of each
4. Under armor garment bag

**SURF/ BEACH GEAR**
1. Surfboard (or can rent one at camp)
2. Surfing wetsuit/ rash guard- *All campers planning to surf should bring one.
3. SUN BLOCK

**OPTIONAL ITEMS**
1. Sleeping bag (Optional)
2. Fans (Optional)
3. Cell phone (Optional)
4. Earphones (Optional)
**HEADING TO BOSS ARENA**

*When coming up RTE 138 from Rte 2 or 95*- Take a left Kenney Rd and then another left into Boss Arena parking lot.

*When coming up RTE 138 from Rte 1*- Take a right onto Kenney Rd and then a left into Boss Arena parking lot.
URI CAMPUS MAP - DIRECTIONS FROM BOSS ARENA TO MERROW HALL DORM

Take a right out of the Boss Arena parking lot on to Kenney Rd. follow to the end. Take a left on to Rte 138 follow it up to Lower College Rd and take a left onto Lower College Rd. Follow Lower College Rd to Campus Rd. Take a left on to Campus Rd and follow it to the end and take a right onto Butterfield Rd. Follow Butterfield Rd down to West Alumni Ave. Take a right on to West Alumni Ave. Merrow Hall is the first dorm or dorm on the corner of Butterfield and West Alumni Ave. There is a small lot in the front and in the back of the Merrow hall dorm. Once you have unloaded, you can park your vehicle in the larger lot on the other side of West Alumni Ave.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-6:00pm</td>
<td>Check in at dorm and then at rink</td>
</tr>
<tr>
<td>5:00-5:30pm</td>
<td>Camp Orientation at dorm</td>
</tr>
<tr>
<td>5:30-6:00pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td>Off Ice Training @ rink</td>
</tr>
<tr>
<td>8:00-9:00pm</td>
<td>Ice Breakers/ Team Building</td>
</tr>
<tr>
<td>9:00-9:15pm</td>
<td>Chalk Talk/ Team Building</td>
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<tr>
<td>9:15-10:00pm</td>
<td>Shower/ Down Time</td>
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<td>10:00pm-6:30am</td>
<td>Quiet Time- Everyone in their own room</td>
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**MONDAY**

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<tbody>
<tr>
<td>6:45-7:00am</td>
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<td>Breakfast</td>
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<tr>
<td>7:30-8:30am</td>
<td>Hike to rink/ Dryland Training/ Dynamic Warm up</td>
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<tr>
<td>8:30-9:00am</td>
<td>Locker room</td>
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<tr>
<td>9:00-11:00am</td>
<td>ON ICE- BODY CONTACT/ SKATING SKILLS</td>
</tr>
<tr>
<td>11:00-11:20am</td>
<td>Locker room/ Hike to Dining Hall</td>
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<tr>
<td>11:20-12:00pm</td>
<td>Lunch</td>
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<tr>
<td>12:00-12:30pm</td>
<td>Get Ready for Beach</td>
</tr>
<tr>
<td>12:30-1:00pm</td>
<td>Board Bus/ Bus Ride to Beach</td>
</tr>
<tr>
<td>1:00-4:00pm</td>
<td>Surf</td>
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<td>Board Bus/ Head Back to dorm</td>
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<tr>
<td>9:00-11:00am</td>
<td>ON ICE- GAME HABITS/ CONCEPTS</td>
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<td>Locker room/ Hike to Dining Hall</td>
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<td>Locker room</td>
</tr>
<tr>
<td>1:00-3:00pm</td>
<td>SKILLS COMPETITION/ ON ICE- PA CUP GAME</td>
</tr>
<tr>
<td>3:00-3:30pm</td>
<td>Locker room</td>
</tr>
<tr>
<td>3:00pm-</td>
<td>PACK/ CHECK OUT</td>
</tr>
</tbody>
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**ATTENDENCE IS TAKEN THROUGHOUT THE DAY**
SNAP SHOTS FROM THE ICE
SNAP SHOTS FROM TEAM BUILDING
We hope that you’ve found this camp guide to the Hockey Surf Camp helpful. Please feel free to contact Pro Ambitions Hockey, Inc. at any time; before, during and after the camp if you have any unanswered questions and/or concerns regarding this camp. We are looking forward to meeting you and your camper(s) and having a great week at the Pro Ambitions Hockey Surf Camp this summer!