JEFF SEROWIK'S
HOCKEY SURF
DAY 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
Dear Players and Parents,

I want to welcome you to the Pro Ambitions Hockey Summer Day Camp Program. This Summer we are celebrating our 30th Summer of hockey camps. Over that time, we have been perfecting our summer camp experiences.

For the past three summer’s we have opened up our Hockey Surf Boarding camp to our Day campers. The Hockey Surf camp is an original Pro Ambitions Hockey Boarding camp and has been a camper favorite from the beginning. It is part of the amazing lineup of Boarding camps experiences that Pro Ambitions Hockey has held over the years 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 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 our Pro Ambitions Hockey Hockey Surf camp. 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 its 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.
THE HOCKEY/ SURF CAMP EXPERIENCE
Welcome to the ULTIMATE summer-time ice hockey 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 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 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… starting the day out at the rink each morning to carve up the ice, then heading out to the beach to hang out in the sand and carve up some gnarly, waves in the surf at Narragansett Beach and 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 Camp at URI. My name is Reggie Hebert. I will be the Camp Director for the Hockey Surf camp. This is my 20th 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 camp and what Pro Ambitions Hockey expects from each of its 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 Day 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

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 day 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). 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

**The Hockey Surf Day camp runs from July 1-5, 2024**

**CHECK IN:** Monday, July 1 from 8:00-8:30am at the Boss Arena on the URI campus.
Check in will be run from 8:00am to 8:30am each morning (Mon thru Fri)

**CHECK OUT:** Hockey Surf Day campers will be returning to the Boss arena from the beach between 4:45-5:00pm. All campers must be picked up by 5:00pm. Pro Ambitions Hockey cannot leave campers at the rink unattended without written permission from a parent or legal guardian. **There is a $50.00 late fee for late pick ups.**

Q: Can I drop my child off in the parking lot and have them come out to the parking lot for pick up each day?
A: No, we have a face to face drop off and pick up policy. We need a parent or legal guardian to come in the lobby of the rink each day at drop off and pick up to check out their child.

Q: Can my child go home with the parents of another camper enrolled in the camp?
A: Yes, your child can go home with another camper and their parent. But Pro Ambitions Hockey requires written permission from the parent or legal guardian of the child. A photo ID is required by all non-parent or legal guardians picking up campers at check out.  
* **A photo ID is required by all non-parent or legal guardians picking up campers at check out.**

Q: What if my child is unable to attend one or more days of camp?
A: Each day that a camper is unable to attend camp, a parent or legal guardian should contact either the Pro Ambitions Administration office or the Camp Director by any of the following options; phone/ email/ text. If you know that your child will be missing 1 or more days during the camp week, you can inform the Camp Director in advance.

Q: What if I have to pick my child up early on a specific day?
A: A parent or legal guardian should inform the Camp Director in advance (at least by check in on the day of the early release). Because this is our Hockey Surf camp, we leave the URI campus at 12:30pm, Monday thru Thursday (No beach on Friday). After 12:30pm, there will be no Pro Ambitions Hockey staff at the URI campus from 12:30-4:45pm each day (Monday thru Thursday). So it’s necessary that all early pick ups be before 12:30pm. A parent or legal guardian must come in and check their child out with a Pro Ambitions Hockey staff member.

**Camper’s Daily Schedule:**
On and off ice training at Rink- 8:00-11:15am
Lunch at Dining Hall- 11:30-12:00
Dorm- All campers (Day and Boarding) meet bus for beach at dorm between 12:00-12:30pm
**QUESTIONS REGARDING WHAT TO BRING ON MONDAY TO CHECK IN**

**Q: What Necessary Paperwork is needed to attend the Pro Ambitions Hockey Boarding Camp:**  
All camp forms should be taken care of online, before the start of camp. If there are any issues camp paperwork can be brought in and handed to the PA staff at check in.  
Camp Registration forms  
Physical and Health forms  
Immunization Records  
Liability Waiver  
*Campers can not be checked-in or allowed to begin camp until Pro Ambitions Hockey has received a copy of all required documents for that specific camp. Documents must be complete, up to date and signed.*

**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 into the rink at check in on Monday. Their surfboard will be transported to the beach on the bus Monday. The surf instructors will hold on to all the camper’s boards until Thursday. On Thursday, the surf boards will go back to the rink with the campers.

**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 have an opportunity to get snacks during the day at the beach. The amount varies, on average parents leave their children with between $15.00 and $20.00.

**Q: What is the Pro Ambitions Bank?**  
A: 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, for the day or week and would distribute each camper’s personal money at the beach or rink. This is completely optional... but we offer this service to avoid their money being lost or stolen.  
*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.*
QUESTIONS REGARDING CHECK IN
AND CHECK OUT

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

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: Can we visit or watch our child at the beach?
A: We prefer that parents do not visit with their child at the beach. As this takes away from your child’s experience within the camp and logistically it puts added stress on keeping track of the campers at the beach.

Q: Can we come and watch the PA Cup Game on Friday?
A: Yes, we encourage parents and families to come watch the Pro Ambitions Hockey, PA Skills competition and the PA Cup Game from 1-3pm on Friday.

Q: What time is check out on Friday?
A: Checkout will begin after the conclusion of the PA Cup game on Friday afternoon (Game time goes from 1-3pm). The camp will officially end at 4 pm on Friday. Checkout will run from 3pm-4:00PM at the rink.
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 a PA staff member.

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 will be required by anyone picking up your child that is not a parent or legal guardian of the campers being picked up at check out.
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 get 16 hours of on ice training and development, which is broken down to 3 hours – 2 morning 1 evening a day Monday thru Thursday and then 4 hours- 2 morning and 2 afternoon on Friday.

* The Evening skate is optional for the Day Campers as it is not regularly part of the Pro Amb day camp curriculum. Day campers have to be picked up by 5:00pm and can return to the Boss Arena at 6:30pm for the 7pm skate.

Q: How many hours of surfing does the camp get in through the week? Typically the camp get 3 hours of surfing a day Monday thru Thursday, averaging around 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 30 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.
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

The Hockey Surf camp is an intense week of hockey training, as well as surfing each afternoon. Campers need to take care of themselves throughout the week. Starting with a good breakfast each morning at home. For lunch campers can purchase a lunch or bring a healthy lunch and snacks to camp each day. Campers should bring 1-2 reusable water bottles to camp each day. Finish the day off with a healthy dinner. Then get a good night of sleep...

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 if your child is purchasing lunch each day from the URI Dining Hall.
**PRO AMBITIONS HOCKEY CAMP RULES**

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 really only bring necessary items for camp. 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.

3. **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 and beach.

4. **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 day.

5. **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 this camp location. We have a great relationship and an impeccable reputation and record at each of our camp locations. Campers are expected to take care and be respectful of all URI and Narragansett beach properties. Any damages done at any of the camp locations will be charged to the campers/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, 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.
CAMP RULES REGARDING DINING HALL

Mealtime Schedule- We will be eating most of our lunch time meals at the URI dining facility. On Thursday July 4th we will have lunch catered by a local catering service.

Mealtime Head Counts- Before heading over to the dining hall for lunch, there will be a head count at the rink. Then the entire camp will head over to the dining hall together.

All Campers will sit together in a designated area- Campers will sit with their groups and their group leader at lunch. 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 lunch.

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 lunch to the campers.

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

Head Count After Meals- After lunch, once the campers have exited the dining hall, the PA staff will conduct a head count before heading to the dorm to meet bus for beach.

After Lunch- Monday thru Thursday the camp will be heading to the beach right after lunch. At the dorm there are bathrooms that the day campers can change and get ready for the 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 are 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 the clean up of our 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 CAMP INFO

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.

**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 surf boards 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.

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**SURF CAMP FEES**: All beach costs and surf rentals should be made in cash at check in on Monday July 1, 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)  
4. **Weekly Life Vests**: Free  

***FULL SURF CAMP PACKAGE**: $200.00
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.

7. PA staff and Assigned Camper Groups- The PA staff is assigned a group of campers at the
beginning of the week. It is one of their responsibilities to monitor the locker room that their
group is in throughout the week.
QUESTIONS REGARDING WHAT TO PACK

Q: What clothing and other items should we pack each day for camp?
A: You should pack your child the following items...

OFF ICE TRAINING
1. Sneakers **(NO CROCKS OR SANDALS)**
2. Tee shirt
3. Shorts
4. Socks (2 pairs)
5. Baseball cap
6. Street hockey stick- 1 stick

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

BEACH
1. Backpack
2. Bathing suit
3. Tee shirt
4. Shorts
5. Crocs/ Sandals
6. Baseball cap
7. Beach towel (1-2)
8. Surfboard (option: can rent a board)
9. Sun block
10. Water bottle

LUNCH/ SNACKS
1. Healthy lunch (Option: can purchase lunch for week)
2. Several Snacks
3. Water 1-2 reusable bottles)

OPTIONAL ITEMS
1. Cell phone
2. Ear buds
3. Money (beach snacks)

* Campers are responsible for all of their personal items, while at the beach.
PRO AMBITIONS HOCKEY, INC
HOCKEY SURF DAY CAMP @ URI
JULY 1-5, 2024

MONDAY
8:00am- Check in at rink
8:00-8:30am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink (OPTIONAL)
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

TUESDAY
8:00am- Check in at rink
8:00-8:30am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink (OPTIONAL)
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

WEDNESDAY
8:00am- Check in at rink
8:00-8:30am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink (OPTIONAL)
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

THURSDAY
8:00am- Check in at rink
8:00-8:30am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30pm- Get Ready for Beach
12:30-1:00pm- Board Bus/ Bus Ride to Beach
1:00-4:00pm- Surf/ Beach
4:15-4:45pm- Board Bus/ Head Back to rink
4:45-5:00pm- Check out at rink
6:30pm- Return to rink (OPTIONAL)
6:30-7:00pm- Locker room
7:00-8:00pm- ON ICE
8:00-8:30pm- Locker room
8:30pm- Check out

FRIDAY
8:00am- Check in at rink
8:00-8:30am- Off Ice Training
8:30-9:00am- Locker room
9:00-11:00am- ON ICE
11:00-11:30AM- Locker room/ Hike to Dining Hall
11:30-12:00pm- Lunch
12:00-12:30- Hike to Rink/ Dynamic Warm up
12:30-1:00pm- Locker room
1:00-3:00pm
3:00-3:30pm- Locker room
3:30pm-4:00pm- CHECK OUT

ATTENDENCE IS TAKEN THROUGHOUT THE DAY
SNAP SHOTS FROM DRYLAND TRAINING
SNAP SHOTS FROM BEACH
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!