



DAY CAMP INFO

# PRO AMBITIONS HOCKEY DAY CAMP INFO

Please keep this letter as it contains important information, instructions and answers to many of your questions regarding your child's upcoming Pro Ambitions Hockey camp.

Dear Parents,

Welcome to Pro



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## WHAT TO BRING EACH DAY TO CAMP?

The typical full day Pro Ambitions Hockey camp runs from 8:30am until 4:00pm each day. So it's very important that your child is prepared each day. Below is a list of what campers need to bring each and every day to camp.

- 1. On ice Hockey Gear-** Helmet with face mask, shoulder pads, elbow pads, gloves, hockey pants, cup supporter, shin pads, skates, 1-2 hockey sticks- back up stick is optional, but make sure your child's hockey stick(s) has his/ her name on it in permanent ink.
- 2. Water Bottle-** Reusable water bottle with name on it.
- 3. Off ice Training Gear-** old or street hockey stick, sneakers, extra pair of socks, shorts tee shirt, sweat shirt, hat, sunblock, Mr Assist, and a green biscuit puck
- 4. Food for Camp-** Pro Ambitions Hockey does not provide lunch or snacks at it's day camps. Most PA camps are full day camps, but even the half day camps require that campers have enough fuel(food) to get themselves through the day. The quality of the food is very important. Healthy nutritious choices for meals and snacks will provide a better source of energy for your child.

**Full Day Campers-** Should bring a nutritious healthy lunch, sports drink/ water and 2-3 healthy snacks each day.

**Half Day Campers-** should bring a sports drink/ water and 2-3 healthy snacks each day.

Many rinks have snack bars. Parents should contact the rink to see if the snack bar will be open during the week of the camp.

**5. Medications-** For campers that need to take medication during the camp day. Parents must check their child's medications in with the Head instructor on Monday morning . The medication must be in the prescription bottle that it initial came in. Parents should provide the Head instructor with both verbal and written instructions. Older campers may keep their epi pens in the hockey bag. But parents should inform the Head instructor that their child has an epi pen and where it will be located during the week. Campers are not allowed to keep prescription or non-prescription medications in their bag or on their person at camp.

Campers and/or unauthorized PA staff are not allowed to distribute any type of medication to campers. It is dangerous and not allowed at camp. This includes any and all types of medication, even over the counter meds such as, Tylenol. All medication must be administered and logged in by the Head instructor or Health Care supervisor at the camp.



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## **PRECAMP TRAINING WORKOUT**

Pro Ambitions Hockey will be sending each camper a pre-camp workout program to get ready for their upcoming Pro Ambitions Hockey camp. The workout is optional but highly recommended as it will prep your child for the camp by going over many of the skills and exercises that will be used during the off-ice training throughout the week.

## **CHECK IN and CHECK OUT EACH DAY**

Campers are required to check in and check out at the PA check in/out desk each day. Each morning before going into their assigned locker room campers will check in and then before going home players must be visually checked out with a parent/ guardian each day at the PA desk.

Parents must also inform PA Head instructor in writing if their child is being picked up or going home with someone else at the end of the camp day.

## **SUPERVISION AND SAFETY**

From check in to check out , your child will be under the professionally trained care and supervision of the PA staff. Pro Ambitions Hockey has gone to great lengths to ensure that each of its camps its run with the utmost focus placed on camper supervision and safety. On Monday morning at check in, your child will receive the following information...

**On and Off Ice Training Groups-** These groups will be comprised of 6-10 campers based on age, DOB, and playing experience. Each group will be supervised by 1-2 PA staff instructors.

**Locker Room Assignment-** Each group of campers will be assigned to a locker room for the week. The instructors will monitor the locker rooms that their group of campers are in each day before and after each on ice session.

**Lunch Time-** Campers will sit with their groups and assigned instructors at lunch time. Pro Ambitions Hockey does not provide meals and/or snacks for campers. But if a camper has no lunch, the PA staff will contact parents and/ or purchase a lunch for the camper.

## **LEAVING A CAMPER UNATTENDED AT THE RINK**

The PA staff is not allowed to leave campers unattended at a rink without the parents written and signed consent, relieving Pro Ambitions Hockey and staff of all responsibilities after the noted end of the camp day.

## **PLAYER EVALUATION AND POST CAMP TRAINING WORKOUT**

Each player will receive via email an individual skill evaluation at the end of camp. This evaluation will give the player and parents some important insight into their strengths and weaknesses as well as their week of training at camp. Players will also receive feedback on where and what to focus on after camp to improve both their strengths and weaknesses.

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