



DAY CAMP  
ITINERARY SAMPLE



# PRO AMBITIONS HOCKEY

## MONDAY CAMP ITINERARY



**8:00am- Check-in:** Players and parents will be greeted and checked in at camp desk. At check in players will be given their locker room and assigned group. A PA staff member will help players and parents with bags and direct them to locker rooms.

**8:15-8:30am- Dynamic Stretch:** Once players are checked in and have brought their hockey gear to the locker room. They will be brought outside to join rest of camp in a dynamic stretch to prepare players for the on ice training.

**8:30-9:00am- Locker room:** At the completion of the dynamic warmup the PA staff will take their player groups to their assigned locker rooms to get ready for the first on ice session. PA staff will stay in the locker rooms to monitor the players and to help tie skates for the younger players. There will be locker rooms staff supervision at all times when the locker rooms are being used during the camp day. Instructors will make a head count of their campers in the locker room before and after each on ice session.

**9:00-11:00am- ON ICE SESSION:** The on ice curriculum is based on a progressive building block method of training, with each session working off of the previous session. Each on ice session is broken down into three main training sections;

- 1. Section One: Full Ice-** This first section will focus on many of the skating techniques and tactics that players will be utilizing in the second and third sections of each session.
- 2. Section Two: Skills Development-** the second section of each session focuses on introducing and developing the individual skills and habits players will use in the third section of each session.
- 3. Third Section: Game Situational/ Battle Drills-** In the third section, the focus is placed on applying and adapting the skills learned in the first two sections to game-like, battle drills.

As the camp moves through the week, the training progresses from 1v1 situations to multi-player game like situations, culminating with the PA Cup game on Friday.

**11:00-11:20am- Locker room:** Players and PA instructors are back in the locker rooms to change and get ready for the off ice training session.

**11:20-12:00pm- Off Ice Training:** The PA Off Ice Training focuses on introducing and motivating players to importance in beginning or continuing to develop their skills with an off ice training program. The PA off ice training program offers players a taste of the latest off ice training methods, ranging from puck handling, shooting, body and core strength training , flexibility, agility and balance training.

**12:00-12:30pm- Lunch:** Players will sit with their groups and their instructor at lunch. This down time is a great opportunity for the players within each of the groups to get to know one another as well as their instructor. Instructors will take a head count of their players and make sure that each player has a lunch each day.

**12:30-1:00pm- Locker room-** Players and instructors are back in the locker rooms getting ready for the second on ice session of the day.

**1:00-3:00pm- ON ICE SESSION:** The second session will focus on a new area/ skills but it will build off of the previous session. While the camp progresses through the week players will be developing their ability to apply multiple or to blend their their hockey skills.

**3:00-3:20pm- Locker room:** Players and instructors will change and get ready for the Team building session. Players and instructors will make sure that players have packed all their gear and the locker room has been picked up.

**3:20-4:00pm- Individual and Team Building Training:** Ice hockey is a team sport, players have to learn to work with and play with different types of players. Not everyone thinks or plays the same way. Players have to be willing to work with players that think, train and play in different ways. The PA Team Building sessions give players an introduction and opportunity to learn and develop leadership skills, ways to be a better team player.

**4:00pm-4:30pm- Check out:** At check out players will sit with their groups and instructors. Instructors will go over some of the key areas of the days training, as well as feedback for players and parents on the day.



# PRO AMBITIONS HOCKEY SUMMER BATTLE CAMP



## MONDAY

8:00am- Check-in  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
9:00-11:00am- **ON ICE SESSION**  
11:00-11:20am- Locker room  
11:20-12:00pm- Off Ice Training  
12:00-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:00-3:20pm- Locker room  
3:20-4:00pm- Individual and Team Building Training  
4:00pm-4:30pm- Check out

## TUESDAY

8:00am- Check-in  
8:15-8:30am- Dynamic Stretch  
**8:30-8:45am- Head Instructor/ Parent Meeting**  
8:30-9:00am- Locker room  
9:00-11:00am- **ON ICE SESSION**  
11:00-11:20am- Locker room  
11:20-12:00pm- Off Ice Training  
12:00-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:00-3:20pm- Locker room  
3:20-4:00pm- Individual and Team Building Training  
4:00pm-4:30pm- Check out

## WEDNESDAY

8:00am- Check-in  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
9:00-11:00am- **ON ICE SESSION**  
11:00-11:20am- Locker room  
11:20-12:00pm- Off Ice Training  
12:00-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:00-3:20pm- Locker room  
3:20-4:00pm- Individual and Team Building Training  
4:00pm-4:30pm- Check out

## THURSDAY

8:00am- Check-in  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
9:00-11:00am- **ON ICE SESSION**  
11:00-11:20am- Locker room  
11:20-12:00pm- Off Ice Training  
12:00-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION**  
3:00-3:20pm- Locker room  
3:20-4:00pm- Individual and Team Building Training  
4:00pm-4:30pm- Check out

## FRIDAY

8:00am- Check-in  
8:15-8:30am- Dynamic Stretch  
8:30-9:00am- Locker room  
9:00-11:00am- **ON ICE SESSION**  
11:00-11:20am- Locker room  
11:20-12:00pm- Off Ice Training  
12:00-12:30pm- Lunch  
12:30-1:00pm- Locker room  
1:00-3:00pm- **ON ICE SESSION: SKILLS COMP/ PA CUP**  
3:00-3:20pm- Locker room  
3:20-4:00pm- Individual and Team Building Training  
4:00pm-4:30pm- Check out

### DAY CAMP PARENT PLAYER INFO

**Make sure to get Head Instructor's contact info on Monday morning.**

Please contact the Head instructor...

if your child(ren) will be late or absent from camp.

If you have any questions or concerns regarding your child's camp.

**Make sure your child has the following items each day at camp...**

**Hockey Training Gear- On Ice-** Entire set of on ice equipment. **Off Ice-** Dry tee shirt, shorts, socks, sneakers, street hockey stick, Mr Assist, green biscuit puck and a water bottle.

**Food-** A nutritious lunch, plenty of healthy snacks, water and/ or Gatorade sports drink or money to purchase a lunch at the snack bar.

**Check out and Pick up-** Make sure to have a pickup plan each day at the designated check out time each day. We are not allowed by law to leave a child unattended at the rink without written consent from the parents/ legal guardians.