



PRO AMBITIONS HOCKEY, INC  
HOCKEY SURF BOARDING CAMP  
University of Rhode Island



**SUNDAY**

3:00-5:00pm –Check in at rink - Boss Arena  
5:00-5:30pm- Camp orientation at dorm  
5:30-6:00pm- Dinner  
6:00-7:00pm- Off ice training @ rink  
8:00-9:00pm- Ice breakers/team building  
9:00-9:15pm- Chalk talk/team building  
9:15-10:00pm- Shower/ down time  
10:00pm-6:30am- Quiet time- everyone in their own room

**MONDAY**

6:45-7:00am- Wake up and line up  
7:00-7:30am- Breakfast  
7:30-8:30am- Hike to rink/dryland training/dynamic warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:20AM- Locker room/hike to dining hall  
11:20-12:00pm- Lunch  
12:00-12:30pm- Get Ready for beach  
12:30-1:00pm- Board bus/bus ride to beach  
1:00-4:00pm- Surf  
4:00-4:30pm- Board bus/ head back to dorm  
4:30-5:15pm- Shower/relax  
5:15-6:00pm- Dinner  
6:00-6:30pm Hike to rink/dynamic warm up  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm- Locker room  
8:30-9:30pm- Chalk talk/team building/hike to dorm  
9:30-10:00pm- Shower/down time  
10:15pm-6:30am- Quiet Time- everyone in their own room

**TUESDAY**

6:45-7:00am- Wake up and line up  
7:00-7:30am- Breakfast  
7:30-8:30am- Hike to rink/dryland training/dynamic warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:20AM- Locker room/hike to dining hall  
11:20-12:00pm- Lunch  
12:00-12:30pm- Get Ready for beach  
12:30-1:00pm- Board bus/bus ride to beach  
1:00-4:00pm- Surf  
4:00-4:30pm- Board bus/ head back to dorm  
4:30-5:15pm- Shower/relax  
5:15-6:00pm- Dinner  
6:00-6:30pm Hike to rink/dynamic warm up  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm- Locker room  
8:30-9:30pm- Chalk talk/team building/hike to dorm  
9:30-10:00pm- Shower/down time  
10:15pm-6:30am- Quiet Time- everyone in their own room

**WEDNESDAY**

6:45-7:00am- Wake up and line up  
7:00-7:30am- Breakfast  
7:30-8:30am- Hike to rink/dryland training/dynamic warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:20AM- Locker room/hike to dining hall  
11:20-12:00pm- Lunch  
12:00-12:30pm- Get Ready for beach  
12:30-1:00pm- Board bus/bus ride to beach  
1:00-4:00pm- Surf  
4:00-4:30pm- Board bus/ head back to dorm  
4:30-5:15pm- Shower/relax  
5:15-6:00pm- Dinner  
6:00-6:30pm Hike to rink/dynamic warm up  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm- Locker room  
8:30-9:30pm- Chalk talk/team building/hike to dorm  
9:30-10:00pm- Shower/down time  
10:15pm-6:30am- Quiet Time- everyone in their own room

**THURSDAY**

6:45-7:00am- Wake up and line up  
7:00-7:30am- Breakfast  
7:30-8:30am- Hike to rink/dryland training/dynamic warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE**  
11:00-11:20AM- Locker room/hike to dining hall  
11:20-12:00pm- Lunch  
12:00-12:30pm- Get Ready for beach  
12:30-1:00pm- Board bus/bus ride to beach  
1:00-4:00pm- Surf  
4:00-4:30pm- Board bus/ head back to dorm  
4:30-5:15pm- Shower/relax  
5:15-6:00pm- Dinner  
6:00-6:30pm Hike to rink/dynamic warm up  
6:30-7:00pm- Locker room  
**7:00-8:00pm- ON ICE**  
8:00-8:30pm- Locker room  
8:30-9:30pm- Chalk talk/team building/hike to dorm  
9:30-10:00pm- Shower/down time  
10:15pm-6:30am- Quiet Time- everyone in their own room

**FRIDAY**

6:45-7:00am- Wake up and line up  
7:00-7:30am- Breakfast  
7:30-8:30am- Hike to rink/dryland training/dynamic warm up  
8:30-9:00am- Locker room  
**9:00-11:00am- ON ICE- GAME HABITS/ CONCEPTS**  
11:00-11:20AM- Locker room/hike to dining hall  
11:20-12:00pm- Lunch  
12:00-12:30- Hike to rink/dynamic warm up  
12:30-1:00pm- Locker room  
**1:00-3:00pm- SKILLS COMPETITION/ON ICE- PA CUP GAME**  
3:00-3:30pm- Locker room/pack/checkout