

## **CAMP CHECK-IN MONDAY AM**

**U8/U11 @8:15 AM U14/U18 @8:40 AM**

### **UNDER 8 CAMP**

- 8:40-9:00 AM DRESSING
- 9:00-10:15 AM ON ICE
- 10:30-11:00 AM VIDEO
- 11:00-11:45 AM SPORTS CAMP **(U8 DISMISSED)**

### **UNDER 11 CAMP**

- 8:40-9:00 AM DRESSING
- 9:00-10:15 AM ON ICE
- 10:30-11:00 AM VIDEO
- 11:00-11:40 AM SPORTS CAMP
- 11:45-12:10 PM LUNCH (BRING LUNCH & SNACKS)
- 12:10-12:30 PM DRESSING
- 12:30-1:45 PM ON ICE
- 2:00-2:30 PM VIDEO
- 2:30-3:15 PM SPORTS CAMP
- **3:15 PM UNDER 11 DISMISSED**

### **U 14 & U18 CAMP**

- 9:00-9:45 AM SPORTS CAMP
- 9:45-10:10 AM VIDEO
- 10:15-10:30 AM DRESSING
- 10:30-12:00 PM ON ICE
- 12:00-12:30 LUNCH (BRING LUNCH & SNACK)
- 12:30-1:00 VIDEO
- 1:00-1:45 PM SPORTS CAMP
- 1:45-2:00 DRESSING
- 2:00-3:30 PM ON ICE
- **3:30 PM DISMISSED**

### **IMPORTANT NOTES FOR CAMP:**

- **Under 8 Dismissed at 11:45 am daily**
- Players will require a lunch, snacks, personal water bottle
- Jerseys will be issued prior to first ice session once fully dressed
- Players will require full ice hockey equipment, including mouthguards
- Players will require off ice training wear (shorts or pants, shirt, and athletic shoes)
- Players will require a personal designated off ice hockey stick for sports camp sessions
- Players will meet each morning in their designated locker room **(NHCC Not responsible for loss)**
- Parents and family are welcome to view on ice sessions
- Last Friday PM Sessions will be Games for Under 11, Under 14, & Under 18