

ICEHAWGz

HOCKEY CAMP

BROCKVILLE YOUTH ARENA

AUGUST 6 - 10, 2012

Camp schedule: Monday - Friday, 7:30 A.M. to 5:00 P.M. daily (1/2 hr lunch break)

Activities for camp:

15 hours on-ice instruction and development; additionally each student will participate in dry land conditioning & development, recreational activities; and classroom/video instruction daily.

Meals: Nutritious lunches including milk and fruit provided daily. *Students must bring their own **peanut free** snacks.*

Drinks: Powerade Sports Drinks will be provided.

Instructors: On-ice instructor, Barry DeGray will focus on teaching players fundamental hockey skills in a structured and fun environment. Each group will have a designated group leader to monitor dressing rooms and ensure students are ready to participate in all their scheduled activities on-time.

Dry land instruction will focus on physical and mental training/conditioning and teaching the basics of strength, resistance and cardio for each student. The camp will use Nike SPARQ equipment.

Expectations: Students will be encouraged to practice, train and play hard and show respect for their teammates. Students will be encouraged to develop leadership skills, learn what it means to be a good teammate and respect their coaches.

Ratio: On-ice Student/Instructor ratio will be a maximum of 6:1. The group leader will attend all activities for the week with their group of students.

Friday afternoon showcase and BBQ:

- Students will have the opportunity to show off their skills on the Friday afternoon of the camp;
- All profits from the BBQ and game time 50/50 draws will be donated to the Kinsmen Club of Brockville in support of local Youth Athletic Activities;
- Students will receive a coupon for a free BBQ lunch.
- Parents and members of the community are encouraged to come to the BBQ and support youth athletics.

Cost: \$400.00 + \$52.00 HST per student.

Registration: Registration Package can be downloaded at www.icehawgz.net (forms link)

U.S. Students Only: US participants must carry their own sports insurance for coverage outside of the United States.

Provided Uniform/Equipment: ICEHAWGz Hockey School Jersey, Barber Pole Socks, Athletic Grey T-Shirt, Embroidered Baseball Hat and 24 oz. Powerade Squeeze Bottle.

Meal Plan (**peanut-free**), E-itineraries and E-receipts will be issued to each registered student.

STUDENTS MUST ARRIVE BY 7 A.M. MONDAY TO RECEIVE THEIR UNIFORMS