

# 2024

# HOCKEY CAMPS

## U13 DAY CAMP SCHEDULE



U13  
CAMP SCHEDULE

CARDEL REC  
SOUTH

### WELCOME!

Welcome to our Attack Sports Summer Hockey Camp. Our camp goals are to ensure that all of our athletes/participants:

- Have FUN and are being engaged!
- Learn and develop new hockey-specific skills;
- Polish current hockey-specific skills;
- Learn different sports/activities;
- Have a positive experience;

If you have any questions please feel free to reach out. We are all here to help make this the best summer hockey camp possible!

## FEELING SICK

If your athlete is feeling sick or have the onset of **ANY** symptoms including fever, sore throat, cough, or runny nose, please let our camp director know immediately.

We ask that your athlete **DOES NOT** participate in the day's activities if your athlete has any symptoms of any kind OR (or those who reside with you) are exhibiting symptoms.

## ATTACK MERCHANDISE

- Camp Hoodie
  - \$50
- Camp TShirt
  - \$20
- Attack Skate Guards
  - \$15
- Skate Sharpening
  - \$7.50 (*on-site*)
- Private Skating Treadmill
  - \$45
- Private Shooting Session
  - \$45



## U13 WEEK SCHEDULE

Outlined below is the weekly day to day schedule for our U9 summer hockey camps. The camp director and Attack Sports staff/instructors will be available to assist all athletes with the daily activities.

**MONDAY ONLY:** Please arrive 15 to 30 minutes before in order to check in with the registration desk.

### MONDAY TO THURSDAY SCHEDULE

- 8:45 to 9:15 am                      ATHLETE ARRIVAL
- 9:15 to 10:15 am                    DRYLAND SESSION
- 10:15 to 10:45 am                  SHOOTING SESSION
- 10:45 to 11:15 am                  STICKHANDLING SESSION
- 11:30 to 12:45 pm                   1st ICE SESSION
- 1:00 to 1:30 pm                      LUNCH
- 1:30 to 2:45 pm                      MULTI-SPORT SESSION
- 3:15 to 4:15 pm                      2nd ICE SESSION
- 4:15 to 4:30 pm                      ATHLETE PICK-UP

**PLEASE NOTE:** Day-to-day schedule may change throughout the week depending upon weather.

# U13 WEEK SCHEDULE

## FRIDAY SCHEDULE

- 9:45 to 10:00 am                      ATHLETE ARRIVAL
- 10:00 to 11:00 am                      MULTISPORT
- 11:15 to 12:15 pm                      1ST ICE SESSION
- 12:30 to 1:00 pm                        LUNCH
- 1:00 to 2:00 pm                         DRYLAND
- 2:15 to 3:00 pm                         2nd ICE SESSION
- 3:15 to 3:30 pm                         ATHLETE PICK-UP



## CONTACT INFORMATION

### ATTACK SPORTS

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