

2022  
**HOCKEY CAMPS**  
**U13 - DAY CAMP SCHEDULE**



U13  
CAMP SCHEDULE

**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 U13 summer hockey camps. The camp director and Attack Sports staff/instructors will be available to assist all athletes with the daily activities.

## MONDAY to THURSDAY SCHEDULE

- 8:45 to 9:00am ATHLETE ARRIVAL
  - Drop bag off at dressing room
- 9:00 to 10:00am DRYLAND TRAINING
- 10:00 to 10:45am STICKHANDLING SESSION
- 10:45 to 11:30am SNACK / READY FOR ICE
  - 15 min for snack
  - 30 min to get dressed/ready for ice
- 11:30 to 12:30pm 1st ICE SESSION
  - Powerskating
  - Skating with the puck
- 12:30 to 1:00pm LUNCH
  - 15 min to get dressed/ready for other activities
  - 15 min for lunch
- 1:00 to 2:00pm MULTI-SPORT SESSION
  - 15 min skill session
  - 45 min game(s)
- 2:00 to 2:45pm SHOOTING SESSION
- 2:45 to 3:15pm SNACK / READY FOR ICE
  - 15 min snack
  - 15 min to get ready for ice other activities
- 3:15 to 4:15pm 2nd ICE SESSION
  - Skill stations
  - Hockey concepts / SAGs
- 4:15 to 4:30pm ATHLETE PICK-UP

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

# U13 WEEK SCHEDULE

## FRIDAY SCHEDULE

- 8:45 to 9:00am                      ATHLETE ARRIVAL
  - Drop bag off at dressing room
- 9:00 to 9:45am                      STICKHANDLING SESSION
- 9:45 to 10:45am                    DRYLAND TRAINING
  - 30 min to get ready for ice other activities
- 10:45 to 11:00am                    SNACK
- 11:00 to 12:00pm                   MULTI-SPORT SESSION
  - 15 min skill session
  - 45 min game(s)
- 12:00 to 12:30pm                   SHOOTING SESSION
- 1:00 to 2:30pm                      GAME DAY
- 2:45 to 3:00pm                      AWARDS and GOOD-BYES
- 3:00pm                                  ATHLETE PICK-UP

*PLEASE NOTE: Activities may change throughout the day depending upon weather.*



## CONTACT INFORMATION

### ATTACK SPORTS

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