

2024

HOCKEY CAMPS

U11 - DAY CAMP SCHEDULE



U11
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 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
- Private Skating Treadmill
 - \$45
- Private Shooting Session
 - \$45



U11 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

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

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

U11 WEEK SCHEDULE

FRIDAY SCHEDULE

- 8:30 to 9:00 am ATHLETE ARRIVAL
- 9:00 to 10:00 pm 1st ICE TIME
- 10:15 to 11:15 am DRYLAND
- 11:30 to 12:00 pm LUNCH
- 12:00 to 1:00 pm MULTISPORT SESSION
- 1:15 to 2:00 pm 2nd ICE TIME
- 2:15 to 2:45 pm ATHLETE PICK-UP



CONTACT INFORMATION

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