

2022

HOCKEY CAMPS

U13 - DAY CAMP SCHEDULE



U13
CAMP SCHEDULE
Indus Rec

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

- 9:15 to 9:30am ATHLETE ARRIVAL
 - Drop bag off at dressing room
- 9:30 to 10:30am DRYLAND TRAINING
- 10:30 to 11:15am STICKHANDLING SESSION
- 11:15 to 12:00pm SNACK / READY FOR ICE
 - 15 min for snack
 - 30 min to get dressed/ready for ice
- 12:00 to 1:00pm 1st ICE SESSION
 - Powerskating
 - Skating with the puck
- 1:00 to 1:30pm LUNCH
 - 15 min to get dressed/ready for other activities
 - 15 min for lunch
- 1:30 to 2:30pm MULTI-SPORT SESSION
 - 15 min skill session
 - 45 min game(s)
- 2:30 to 3:15pm SHOOTING SESSION
- 3:15 to 3:45pm SNACK / READY FOR ICE
 - 15 min snack
 - 15 min to get ready for ice other activities
- 3:45 to 4:45pm 2nd ICE SESSION
 - Skill stations
 - Hockey concepts / SAGs
- 4:45 to 5:00pm ATHLETE PICK-UP

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



U13 WEEK SCHEDULE

FRIDAY SCHEDULE

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

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

CONTACT INFORMATION

ATTACK SPORTS

#137 - 4800 104th Ave SE
Calgary, Alberta

(403) 863-2016
hockey@attacksports.ca