

2022
HOCKEY CAMPS
U9 - DAY CAMP SCHEDULE



U9
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 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



U9 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 to THURSDAY SCHEDULE

- 8:30 to 9:00am ATHLETE ARRIVAL
 - 30 min to get dressed/ready for ice
- 9:00 to 10:00am 1st ICE SESSION
- 10:00 to 10:45am SNACK
 - 30 min to get ready for ice other activities
 - 15 min snack
- 10:45 to 11:30am AGILITY TRAINING
- 11:30 to 12:00pm SHOOTING SESSION
- 12:00 to 12:45pm LUNCH
 - 15 min for lunch
 - 30 min to get dressed/ready for ice
- 12:45 to 1:45pm 2nd ICE SESSION
- 1:45 to 2:30pm SNACK
 - 30 min to get ready for ice other activities
 - 15 min snack
- 2:30 to 3:00pm STICKHANDLING SESSION
- 3:00 to 4:00pm MULTI-SPORT SESSION
 - 15 min skill session
 - 45 min game(s)
- 4:00 to 4:15pm ATHLETE PICK-UP

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

U9 WEEK SCHEDULE

FRIDAY SCHEDULE

- 8:30 to 9:00am ATHLETE ARRIVAL
 - 30 min to get dressed/ready for ice
- 9:00 to 10:30am GAME DAY
 - Cross-ice 3 on 3 tournament
- 10:30 to 11:15am SNACK
 - 30 min to get ready for ice other activities
 - 15 min snack
- 11:15 to 12:00pm AGILITY TRAINING
- 12:00 to 12:45pm SHOOTING SESSION
- 12:45 to 1:00pm LUNCH
 - 15 min for lunch
- 1:00 to 1:45pm STICKHANDLING SESSION
- 1:45 to 2:45pm MULTI-SPORT SESSION
 - 15 min skill session
 - 45 min game(s)
- 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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