



Elite Development Camp

Sample Schedule

Monday & Wednesday

Start Time	End Time	Activity
Monday only 8:30am	9:00am	Sign in/Prep for Ice
9:15am	10:30am	Ice Time
10:45am	11:00am	prep for dryland
11:00am	12:15pm	Dryland
12:15pm	12:45pm	Lunch
12:45pm	1:00pm	Prep for Ice
1:30pm	2:45pm	Ice Time
3:00pm	3:15pm	prep for S & C
3:15pm	4:30pm	Strength & Conditioning

Tuesday & Thursday

Start Time	End Time	Activity
9:00am	10:15am	Dryland
10:30am	10:45am	prep for ice
10:45am	12:00pm	Ice Time
12:00pm	12:30pm	Lunch
12:45pm	1:00pm	prep for S & C
1:00pm	2:15pm	Strength & Conditioning
2:30pm	3:00pm	prep for ice
3:00pm	4:15pm	Ice Time

This camp is meant for players looking for an edge heading into their High-Performance season.

These camps will be led by Spruce Kings Head Coach Alex Evin and his coaching staff.

You will receive:

- Fully supervised camp experience.
- 2.5 hours on ice instruction per day.
- Skating focus on speed, agility, and movement with the puck.
- Drills to improve puck skills, shooting and scoring.
- Small Area Games that focus on competitiveness and decision making.
- Dryland: Speed, Agility, Strength, Hockey Specific Movements
- Camp Jersey
- End of Camp Full Ice Scrimmage
- Participant specific schedule given at sign-in

Necessary Equipment

Participants must have approved equipment and bring the required items for all activities. Helmet with cage and child's name, shoulder pads, elbow pads, hockey gloves, neck guard, hockey pants, shin guards, protective cup,

hockey stick, hockey skates, extra t-shirt(s), athletic shorts, athletic shoes, clothes and shoes for activities, bottle of water, bagged lunch, emergency contact number, **LEAVE VALUABLES AT HOME**

Cancellation & Refund Policies

- Refunds for valid reasons will be granted up until August 1st.
- No refunds will be given if a player is asked to leave the camp, leaves on his/her own desire or is a "no show."

RULES AND REGULATIONS

- Do not leave valuables in the dressing rooms – SK are not responsible for lost items.
- BULLYING, HARASSING, OR PICKING ON other students will not be tolerated.
- Players are requested to bring their own gear, water bottle and food – must have running shoes for Off Ice activity.
- ZERO tolerance with the use of electronic devices in dressing rooms
- Have fun!