



Spruce Kings Hockey School

Day 1 only 7:15am	8:00am	Sign in/Prep for Ice
8:00am	9:00am	Ice Time
9:15am	9:30am	Snack/prep for activity
9:30am	11:00am	Activity
11:15am	11:45am	Lunch
11:45am	12:15pm	Prep for Ice
12:15pm	1:15pm	Ice Time

This camp is for the recreational hockey player and is based on the fundamental aspects of hockey - skating, stick handling, passing, and shooting. The hockey school is four days in duration. Participants will receive eight (8) on-ice sessions, and four (4) off-ice sessions (dryland/games, soccer, bowling) wrapping up with a game on the last ice time. Each participant will receive a camp jersey and four (4) ticket vouchers to any game during the 2024/25 season.

Necessary Equipment

Hockey School participants must have approved equipment and bring the required items for all activities. (Goalies are advised to contact their association for equipment use).

- 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. – Running Shoes for all off-ice activity
- ZERO tolerance with the use of electronic devices in dressing rooms. Have fun!