



Spruce Kings Community Hockey School

7:15am	8:00am	Sign in/Prep for Ice
8:00am	9:00am	Ice Time #1
9:15am	9:30am	Snack/prep for activity
9:30am	11:00am	Bowling/Swimming/Frisbee + tag/Soccer
11:15am	11:45am	Lunch
11:45am	12:15pm	Prep for Ice
12:15pm	1:15pm	Ice Time #2

Our community 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. Participants will receive eight (8) on-ice sessions, and four (4) off-ice sessions (dryland/games, soccer, bowling, swimming) wrapping up with a game for the last ice time. Each participant will receive a camp jersey and two (2) ticket vouchers to any game during the 2025/26 Spruce Kings season.

REQUIRED 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**

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.
- Participants are expected to act appropriately at all on and off ice activities
- 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!

CANCELLATION & REFUND POLICY

- Refunds for valid reasons will be granted up until July 29th, 2026.
- 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."