



Parents & Players,

Welcome to Pro Ambitions Hockey 2012! I hope your winter hockey season has been a healthy and successful one. I'm really looking forward to this up and coming program season, to seeing the smiles on your faces and, watching the improvement in your game.

This will be the only notification you receive from Pro Ambitions Hockey, Inc. before you begin your camp. Please keep this in a safe place, as it includes valuable instructions about the camp you registered for, as well as answers to most of your questions about the camp.

The following are a few items you will need to make your camp experience smooth and successful:

1.) Return a completed Health Form and Immunization Record, signed by your doctor, AS SOON AS POSSIBLE FOR ALL BOARDING AND MASSACHUSETTS SUMMER CAMPS ONLY)

\* \* Important: Each camper MUST have a completed Health Form and immunization Record, signed by your doctor, on file before going on the ice! Your physical must be within the last year. NO EXCEPTIONS! \* \*

2.) Return a signed Waiver of Liability (if you did not sign one with an "electronic" signature when registering online).

\* \* Important: Each camper MUST have a Waiver of Liability on file in order to go on the ice. NO EXCEPTIONS! \* \*

### **WHAT TO BRING: (FOR SUMMER BOARDING CAMPS ONLY)**

If you are attending **Boarding Camp** be sure to bring with you:

- . **YOUR OWN WATER BOTTLE (MANDATORY)**
- Linens XL Twin, Pillow, Blankets, Towels, Toiletries, Bathing Suit
- Sneakers (Proper running shoes for Dry Land Training).
- Full Hockey equipment *including neck* guard for goalies and mouth piece
- 2 Hockey Sticks & 1 Street Hockey Stick (Goalies included)
- Medications
- Health Form, Immunization Record and Liability Waiver Form.
- Fan (optional), Alarm Clock
- Your name taped to the front of your helmet
- Extra spending money (\$100 recommended for emergencies, additional activities and snacks)
- (Optional), Movies and DVD's CD, iPod, Computer, refrigerator (Pro Ambitions is not responsible for any lost valuable items).
- Surf Program Only-Surf Board/Wetsuit

**(FOR SUMMER DAY CAMPS ONLY)**

**If you are attending Day CAMPS be sure to bring with you:**

- . **YOUR OWN WATER BOTTLE (MANDATORY) With your name on it!**
- Full Hockey equipment *including* neck guard for goalies and mouth piece
- Sneakers, t-shirt, shorts and sweatshirt (for off-ice time)
- Your name taped to the front of your helmet
- Lunch, beverages and 2 snacks...in insulated cooler with ice pack and remember to eat a hearty breakfast! (Call the rink for their snack bar schedule. It might not be open during camp hours.)
- Any special medications or instructions for coaches
- Street Hockey Stick (Goalies Included)
- Health forms, Immunization Records and Liability Waiver signed.

**BOTH CAMPS YOUR JERSEY WILL BE MAILED TO YOUR REGISTRATION ADDRESS PRIOR TO THE 1<sup>ST</sup> DAY OF CAMP. IT IS MANDATORY FOR 1<sup>ST</sup> DAY ON THE ICE. IF LOST, YOU CAN PURCHASE ONE FROM OUR ONLINE STORE.**

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