

2019Ameri-Can North Mite Summer Hockey Camp at the

Ameri-Can North Sports Center

Monday, July 8 – Thursday, July 11

- Aimed at players 5, 6, 7 and 8 years old (birth years 2014, 2013, 2012, 2011) or designed for mite players from the 2018-2019 hockey season.
- Over 2 hours of on-ice instruction, fun off-ice activities, lunch and snacks daily are all-included in the camp price.
- Each player will receive a camp t-shirt.
- A fun, cost-effective summer experience!
- Camp fee- \$245.00
- Representative daily schedule *

9:00-9:30am players report to rink

9:30-10:30am ice session #1

10:30-11:00am change and snack

11:00-11:40am outdoor activity

11:40-12:30pm golden puck and lunch

12:30-12:45pm post-lunch activity (SCORE)

12:45-1:15pm locker room

1:15-2:15pm ice session #2 (half-ice games held on Tuesday and Thursday)

2:15-2:45pm change and depart for the day

The focus of the camp will be on individual skill development and review through a variety of skill stations that aim to challenge each player at his or her own level. In addition, players will learn or review fundamental team concepts and skills through a series of cross-ice or half-ice games. The on-ice portion of each day will provide players an opportunity to improve skating, stickhandling, passing and shooting skills in a structured setting with low player to coach ratios. The camp will be staffed by USA Hockey certified coaches under the direction of Rob and Nicole Knowles.

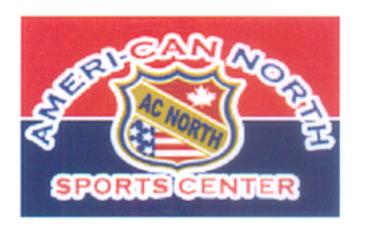
Off-ice activities in the morning and afternoon will give players a chance to practice skills learned onice, to participate in other organized sports or team-building activities and to have fun.

The camp's overall goal is for the players to have a fun and enjoyable hockey experience as they refresh their skills in anticipation of the upcoming season.

Players will be assigned a locker room position for the week which will allow them to hang and dry their equipment overnight saving parents from bringing the equipment to and from the rink daily.

Guarantee your spot by registering early as this camp continues to increase in popularity!

The camp will be limited to the first **35** paid registrants so don't delay. Registration deadline is Friday, June 21st. A \$245 non-refundable camp fee is due at the time of registration.



^{*} Specific alterations may be made to the daily schedule.



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Please complete the following registration information

Players Name	
Age	
Date of birth	
Last team played for and level	
Position	
Address	
Parent(s) Name(s)	
Parent contact #	_(H)
	_(C)
Parent email	
Emergency contact information:	
Name	
Relationship	
Contact #	
Medical concerns	
T-shirt size (Youth S/M or L/XL)	

Lunch will be served daily to all participants. The following selections will be available:

Choice 1: Hamburger and fries

Choice 2: Hot dog and fries

Choice 3: Chicken nuggets and fries

Choice 4: Grilled cheese and fries

A beverage will also be included in the lunch. Players may bring a bag-lunch with them as an alternative to the lunch choices.

Please indicate a lunch choice for your child for each day of the camp:

Monday 7/8
Tuesday 7/9 Pizza day (only indicate choice if your child does not want pizza)
Wednesday 7/10
Thursday 7/11 Pizza day (only indicate choice if your child does not want pizza)

The camp will be limited to the first **35** paid registrants so don't delay. Registration deadline is Friday, June 21st. A \$245 non-refundable camp fee is due at the time of registration. Please make checks payable to **AC North**. Registration forms and payment may be turned in at the Ameri-Can North Sports Center main office or mailed to:

Ameri-Can North Sports Center

90 Sharron Avenue

Plattsburgh, NY 12901

Questions about the camp should be directed to:

Jamie Reidy: jcicemen@primelink1.netor

Rob and Nicole Knowles: nknowles888@aol.com