



## 2019 Ameri-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

\* Specific alterations may be made to the daily schedule.

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 on-ice, 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 21<sup>st</sup>. A \$245 non-refundable camp fee is due at the time of registration.*





## 2019 Ameri-Can North Mite Summer Hockey Camp at the

Ameri-Can North Sports Center

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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 21<sup>st</sup>. 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: [jicemen@primelink1.net](mailto:jicemen@primelink1.net)

Rob and Nicole Knowles: [nknowles888@aol.com](mailto:nknowles888@aol.com)