

July 15-19,
2024

SYNERGY HOCKEY

SYNERGY Defense Camp

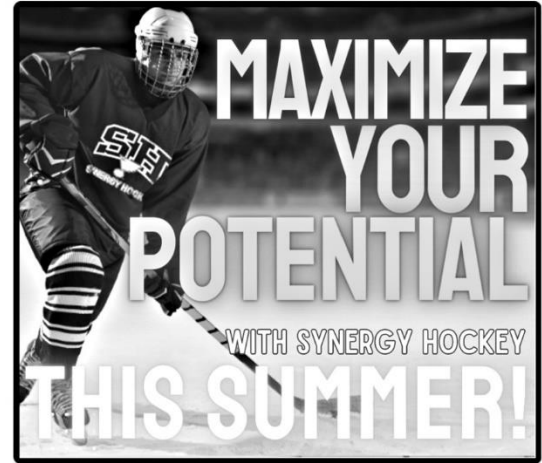
Centene
Comm. Ice Ctr.,
Maryland Heights,
MO

Thank You! for trusting in SYNERGY Hockey!

We're excited for your skater to **WORK HARD, HAVE FUN, and GET BETTER** with us this summer!

YOUR CAMP SCHEDULE:

ALL SKATERS	
DAILY DROP-OFF:	8:30 AM
AM ICE SESSION:	9:00-10:30 AM
LUNCH BREAK:	12:00-12:30 PM
PM ICE SESSION:	1:00-2:30 PM
DAILY PICK-UP:	4:00 PM



* All skaters participate in one or more off-ice activities each day, either before or after their scheduled on-ice sessions (only exception is the 8 & Under Clinic, which is on-ice training only)



Coach Jamie Rivers, former St. Louis Blues Defenseman, on the ice with SYNERGY participants. Coach Rivers creates all camp curriculum and emphasizes the importance of correction and repetition when training youth players.

IMPORTANT DETAILS FOR ALL CAMPS & CLINICS:

• **FOR FIRST DAY CHECK-IN:** Participants along with a parent/guardian should meet our Coaching staff near the main rink doors to properly check-in. Participants will be given their **Camp Jersey** for use during the week. Parents/guardians will be given **Name Signs** (2 per family) for use during daily pick-up (more info below). Participants will then be directed to locker rooms where parents/guardians are welcome to follow and assist if needed. **We will assume any participant driving themselves to/from the rink, or being transported by another participant old enough to drive, will not require Name Signs and are free to depart without parent/guardian, but only at proper departure times.

• **FOR CHECK-IN ON OTHER DAYS:** Our Coaching staff will continue to greet skaters near the main rink door entrance each day and direct them to the locker rooms assigned for that day. Our staff is happy to assist skaters in the locker rooms with • pulling jersey over pads • tying skaters • snapping helmet straps.

• **FOR DAILY PICK-UP:** The Name Signs (provided at first day check-in) are to assist with daily pick-up - to match skaters to the correct parent/guardian. Name Signs should be carried into the rink and shown to staff for release of skater to parent/guardian. Two Name Signs are provided so the signs can be shared with other approved pick-up people. If you require an extra Name Sign, please ask our staff on the first day.

• **FOR ANY EMERGENCY DURING CAMP/CLINIC:** Please call the ice rink directly, let them know you have a participant in the SYNERGY program and then provide them with your message. You may try to call our office, but our office staff is NOT at the rink and therefore unable to quickly grab staff off the ice to relay messages should that be necessary, and staff do not carry phones or other communication devices onto the ice with them.

• If your skater has a medical condition that may affect him or her in any way at camp, please inform our office in advance or SYNERGY staff during check-in at camp.

• **BRING OR WEAR TO THE RINK:** Full USA Hockey approved gear for all ice sessions. • Comfortable, athletic clothing for off-ice sessions (t-shirt, shorts, running/athletic shoes - no flip flops/sandals) • Water bottle or sports drinks with participants name CLEARLY marked • Sunscreen spray for any outdoor, off-ice activities • For full day options, all participants will need a LUNCH! Synergy does not provide lunch, snacks or drinks so bring a packed lunch each day - unless your camp details indicate otherwise.

• **DO NOT BRING:** Toys, electronics, or other items that may get misplaced or stolen! SYNERGY Hockey will NOT be responsible for lost or stolen items! Cell phone usage is NOT permitted in locker rooms or restrooms and will be taken away if usage rights are being abused.

• **MEDICATIONS:** (prescription, over the counter, cough drops, etc) are NOT allowed with camp participants and MUST be given to a Lead Camp Instructor at check-in time. Participants requiring medication through the camp day, please follow these detailed instructions: • Prescription medications - MUST be in original container with original labels, showing participants name and dosage instructions. Place medication(s) in a ziplock bag with the participants name on the outside of the bag, enclose an index card in the ziplock bag with the participants name and any medication dispensing instructions (amounts and times). • Over the counter medications - follow same instructions as above (ziplock bag, index card with instructions, etc.)

All medications will be kept in a safe, secure area until needed, and at that point will be distributed by a SYNERGY Staff member to the appropriate participant, and then returned back to its secure location until end of camp day (or end of camp week) when it will be returned to participants guardian. PLEASE REMIND STAFF ON FINAL DAY AT PICK-UP TIME SO IT CAN BE RETURNED - SYNERGY WILL NOT BE RESPONSIBLE FOR UNCLAIMED MEDICATION AT THE END OF CAMP WEEK.

**WORK HARD. HAVE FUN.
GET BETTER.**

EXTRA DETAILS SPECIFIC TO THIS CAMP/CLINIC:

• All skaters will need a packed lunch every day.

• Late pick-up fees will be incurred if skaters are picked up any more than 15 minutes AFTER the above posted pick-up time. \$1/minute and paid to the coach(s) left waiting with your skater.

SYNERGY HOCKEY

MORE IMPORTANT INFO - FOR THE SKATER!

Be sure to review these points with your participant!

- No money will be required for anything unless a small amount is wanted for purchasing items from a concession stand or beverage/snack machine, if one is even available in the rink. Many rinks have limited options during summer months.

- SYNERGY Hockey will not tolerate bullying, hoesplay, foul language, or other forms of unacceptable and disrespectful behavior to any other participant, staff member, and or rink employee. It is at the discretion of the camp staff to do as they see fit with any situation whether it be verbal warning, written warning, or an immediate removal from further participation.

- SYNERGY Hockey has a zero tolerance policy for drugs, smoking items, including vape devices, and or weapons of any kind. Participants found to be in possession will immediately be separated from other participants, a phone call to listed guardian or emergency contact will be made, and participant will be removed from further attendance or participation.

- Removal from a SYNERGY program due to any of the above issues will be done without obligation to refund or credit any previously paid fees.

- Early to bed, lots of sleep, and plenty of healthy food is always good before attending!

- If you are scheduled to go directly on the ice upon arriving to the rink, you are welcome to come partially dressed in your gear.

- If you require extra help with your gear - make sure to ASK - we can help! Our staff will continuously prompt skaters in the locker rooms, to keep everyone on task with getting dressed/undressed for upcoming sessions. Our staff can NOT help (aside from verbal prompts) with the basics of dressing/undressing, but CAN help with pulling jersey on/off, snapping/unsnapping helmet straps, and tying/untying skates. Staff will be readily available and willing to help when needed or asked.

- You will be reminded by our staff to use the restrooms BEFORE and AFTER ice sessions. To maximize learning and training potential, we need to minimize restroom visits during ice times.

- SYNERGY and its staff are NOT responsible for lost or stolen items (including hockey gear). You should be very careful about placing each piece of gear back into your OWN bag after each ice session. Labeling all your gear with your name helps! Items left in the locker rooms at end of day will be collected by staff and turned over to the rink at the end of the week.



Coach Rivers and SYNERGY campers.

Working hard, having fun and getting better.



SKATERS CHECKLIST:

- Hockey gear is packed - all of it!
Helmet, skates, pads, stick.....
- Off-ice/dryland clothing and tennis shoes are ready to put on or packed
- Water or drink bottles are labeled and packed
- Review drop-off and pick-up times
- Packed lunch (if needed for your program)

INTERESTED IN MORE TRAINING?

As long as space allows, our CAMPS and CLINICS are open for enrollment all the way up to the first day! We'd love to see you again this summer!

OR WANT TO TRY SOMETHING MORE INDIVIDUALIZED?

Although our summer Small Group Training (lesson programs) began on June 3rd, we'd be happy to get you started now! We have a lesson style program available for every age and level, let us help with pointing you to the right one!

SYNERGY HOCKEY

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