

**July 22-26
2024**

**St. Louis Blues
Youth Development Camp**
powered by SYNERGY Hockey

**Centene
Community
Ice Center**
Maryland Heights, MO

Thank You for trusting in SYNERGY Hockey AND the St. Louis Blues for your skaters' hockey development.

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

We encourage you to provide us with your feedback, before, during and after your skaters' week with us, so we can be sure we're meeting your expectations, along with our own.

YOUR CAMP SCHEDULE:

ALL SKATERS:	Daily Drop-Off:	8:30 AM
	AM Ice Session:	9:00 AM
	Lunch Break:	12:00 PM
	PM Ice Session:	1:00 PM
	Daily Pick-Up:	4:00 PM

Camp includes 2 off-ice sessions daily, either before or after each on-ice session. Late pick-up fees - \$1/minute. paid to coaches left waiting with your skater, starting at 4:15pm daily.



PLEASE PAY ATTENTION TO DAILY DEPARTURE TIMES! OUR STAFF CAN NOT LEAVE UNTIL EVERYONE HAS DEPARTED.

Bring/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. • LUNCH! Synergy does not provide lunch, so bring a packed lunch each day!

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 allowed in locker rooms or restrooms and will be taken away if usage rights are being abused.

Important Details

For your St. Louis Blues Youth Development Camp
July 22-26, 2024 - Centene Community Ice Center

• For First Day Check-In: Participants, along with a parent/guardian, should meet our Coaching staff near the main rink doors/rink lobby 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. Participants are then directed to locker rooms where parents/guardians are welcome to follow and assist if needed. For Check-In Other Days: Our staff will continue to greet skaters near the main rink door entrance and direct to locker rooms assigned for that day. Our staff is happy to assist with tying skates, snapping helmet straps and pulling on jerseys over pads.

• For DAILY Departure: The Name Signs (provided at Monday check-in) are to assist with daily pick-up - to match skaters to the correct parent/guardian. The signs are to be used by parents/guardians, or any other approved pick-up person. The signs should be carried into the rink and shown to staff for release of skater to parent/guardian. Two signs provided so they can be shared with other approved pick-up people.

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.
Centene: 314-451-2244

• 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 camp 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 FRIDAY SO IT CAN BE RETURNED!

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

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

PO Box 96, New Melle, MO 63365

info@synergyhockeyskills.com / 636-237-2220

www.synergyhockeyskills.com

