



June 24-28, 2019
SYNERGY Skills Training Camp
Washington Park Ice Arena
Jefferson City, MO

Thank you for trusting in Synergy Hockey for your skaters' hockey development. 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. We're excited for your skater to *WORK HARD, HAVE FUN* and *GET BETTER* with us this week!

Daily Camp Schedule	
Drop Off:	8:15-8:30AM
Locker Room/Dress:	8:30AM
On-Ice:	9:00AM
Locker Room/Undress:	10:30AM
Off-Ice Session:	10:50AM
Lunch:	12:00PM
Locker Room/Dress:	12:30PM
On-Ice:	1:00PM
Locker Room/Undress:	2:30PM
Off-Ice Session:	2:50PM
Pick-Up:	3:50-4:00PM

IMPORTANT CAMP INFORMATION:

- Camp Check-In and Sign-Out will be required EACH DAY for each participant. Our staff will be looking to greet EVERYONE as they walk through the rink doors at the start of each camp as well as sending EVERYONE off at the end of each camp day. Please allow yourself enough time and be prepared to take a few minutes to check your skater in, and sign them out EACH day with a staff member.
 - **For daily Check-In:** Provide coaches with your skaters FIRST and LAST name each day so they can properly check your skater in and direct them to the proper locker room or area to start their camp day.
 - If you have plans for someone other than the guardian listed on your skater account to pick him/her up at the end of camp day, **PLEASE** be sure to make note of it in our SIGN OUT binder, which will be available at the registration table EACH day.
 - **For daily Sign-Out:** a SIGN-OUT Binder will be available for you to “sign-out” your participant each day. Our staff works hard to recognize parents but we ask that you be prepared to show identification at pick-up time just in case. Should someone other than you be picking up your participant at the end of the camp day, we ask that you (or the person doing the daily Check-In at the start of the camp day) make a note in the SIGN OUT Binder for that day, with the name of the person scheduled to do the pick-up. This process will help us ensure each participant is accounted for and leaving with an approved person. Should you have any questions about this process before camp, please call our office at 636-237-2220.
- Roll-Call/Attendance checks will be conducted several times throughout the camp day, as skaters move between ice-sessions, locker rooms and off-ice training areas. Be sure to review this with your skater so they understand the importance of their quick response to a roll-call and the importance of staying with the rest of their group throughout the day.
- Medications of any type (prescription, over the counter, cough drops, etc) are NOT allowed with camp participants. Company policies/procedures MUST be followed. Should your participant require 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.

- If your skater has a medical condition that may affect him in any way at camp, please inform our office and or SYNERGY Staff at camp.
- Parents are welcome to watch any and all parts of the camp day. Parents are also welcome to assist in locker rooms when needed, however staff will be available to help tie skates if needed.
- Full USA Hockey approved gear for all on-ice sessions is required.
- **Bring/Wear to the Rink:** Comfortable, athletic clothing for off-ice sessions (t-shirt, shorts, running/athletic shoes – no flip flops/sandals). Although it's not required, SYNERGY Hockey is selling off-ice camp apparel (shirts/shorts). Dry-fit Shirts (\$20), matching dry-fit Shorts (\$20) or Complete Set (\$38). See below for a PRE-ORDER FORM – orders MUST be received no later than 8AM FRIDAY before camp (6/21) for Monday morning (camp day) delivery.
- **Bring:** Water bottle, Gatorade, etc. AND a packed lunch. It is also highly advised that your skater packs a bottle of sunscreen spray for outdoor, off-ice activities.
- **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 phones are NOT allowed in locker rooms.
- No money will be required for anything unless a small amount is wanted for purchasing items from a concession stand or beverage/snack machine. Most rinks have limited concessions during the summer, or no concessions at all – there are no guarantees that there will be any snacks/drinks available for sale.
- All camp participants will receive a camp jersey on Monday morning at check-in. This will be their jersey to keep and wear throughout the week.
- Please inform your participant that Synergy Hockey will not tolerate bullying, horseplay, foul language or other forms of unacceptable and disrespectful behavior. **Please make sure they understand our policies for prescription/non-prescription medications and NO Cell Phones in Locker Rooms – anyone caught abusing any of these rules will be reprimanded.** It is at the discretion of the camp staff to do as they see fit with any situation whether it be a warning or a removal from further camp participation.
- **LUNCH/SNACK:** This is a FULL DAY camp so lunch WILL be needed. Food or beverage will NOT be provided by SYNERGY Hockey or the ice rink. PLEASE be sure to send your skater with a packed lunch EACH DAY! We do not provide a cooler or refrigerated area for their lunch so pack accordingly.

Thanks for allowing your skater to spend
the week with us!!
Good luck in the coming Hockey Season!

Stay up to date with our programming by following us on
Facebook (<https://www.facebook.com/synergyhockeyskillsSTL>),
Twitter (https://twitter.com/synergy_hockey),
or visiting us online at www.synergyhockeyskills.com



2019 SUMMER CAMP APPAREL PRE-ORDER FORM

Complete and return this form to info@synergyhockeyskills.com by **8AM on the FRIDAY (6/21)** **BEFORE** your camp is to begin, and your items will be waiting for your registered participant on **MONDAY** upon check-in at camp. Payment MUST be complete through PayPal.

(Should you miss the pre-order deadline, you may pay an additional \$8 Shipping Fee, but include your mailing address when submitting the form.)

BADGER – Dri Fit Tshirt - \$20

BADGER – Dri Fit Shorts w/Pockets - \$20

Complete Set/Combo - \$38



Player Name: _____

Guardian Name: _____

Name on PayPal Account: _____

Phone Number: _____

Email Address: _____

Location/Rink of Camp Attending: _____

Date of Camp: _____

Insert Quantity for Sizes:

____ Y-SM Shirt ____ Y-MD Shirt ____ Y-LG Shirt ____ Y-XLG Shirt

____ A-SM Shirt ____ A-MD Shirt ____ A-LG Shirt ____ A-XLG Shirt

____ Y-SM Short ____ Y-MD Short ____ Y-LG Short ____ Y-XLG Short

____ A-LG Short ____ A-XLG Short ____ A-SM Short ____ A-MD Short

****\$20 per item, or \$38 for complete/combo set. 2-Tshirts or 2 Shorts = \$40 and can not be substituted for combo set price****

****Add a flat rate \$8.00 Shipping fee, if you wish to have your items shipped to your home – and include shipping address****

TOTAL AMOUNT DUE: _____

(should match your PayPal payment)

**Make your payment via PayPal to
info@synergyhockeyskills.com**