



July 8-12, 2019

SYNERGY Defense Camp

St. Peters Rec-Plex – St. Peters, 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 Group 1 – for 2008, 2009, 2010 or Younger Birth Years		DAILY CAMP SCHEDULE Group 2 – for 2007, 2006, 2005, 2004 or Older Birth Years	
Drop Off:	8:00AM	Drop Off:	8:30-8:45AM
Locker Room/Dress:	8:00AM	Off-Ice Session:	8:45AM
On-Ice Session:	8:30AM	Locker Room/Dress:	9:45AM
Locker Room/Undress:	10:00AM	On-Ice Session:	10:15AM
Off-Ice Session:	10:15AM	Locker Room/Undress:	11:45AM
Lunch:	11:15-12:00PM	Lunch:	12:00-12:45PM
Locker Room/Dress:	12:00PM	Off-Ice Session:	1:00PM
On-Ice Session:	12:30PM	Locker Room/Dress:	1:45PM
Locker Room/Undress:	2:00PM	On-Ice Session:	2:15PM
Off-Ice Session:	2:15PM	Locker room/Undress:	3:45PM
Pick-Up:	3:30PM	Pick-Up:	4:00PM

****For organizational purposes, we ask that all participants PLEASE follow the BirthYear Grouping Guidelines noted above for your first day of camp. Synergy Coaching Staff will be available at least 30 minutes BEFORE both groups scheduled Drop Off time and at least 30 minutes AFTER both groups scheduled Pick Up times to help accommodate for siblings or carpoolers that may be assigned to different groups. Should a group change be necessary, it will be at the discretion of the on-site coaching staff AFTER the first day of camp.****

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 back 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 will have a representative selling apparel (shirts/shorts, jerseys, etc) onsite at some point early in the camp week. Dry-fit Shirts (\$20), matching dry-fit Shorts (\$20) or Complete Set (\$38). See below for a PRE-ORDER FORM.
- **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. The Rec-Plex has informed us that their concessions WILL be open for limited times (11:30am-1:00pm) with a limited menu.
- 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 so all skaters should have a packed lunch each day OR they can opt to order a BOXED LUNCH though the St. Peters RecPlex. A Boxed Lunch order form is being provided along with this schedule, and orders can be placed on Monday morning through RecPlex staff.

Thanks to all the special members of OUR team!





2019 SUMMER CAMP APPAREL PRE-ORDER FORM

Complete and return this form to info@synergyhockeyskills.com by **9AM on the FRIDAY 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, items will be available during a scheduled time at your camp.)

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

\$20 per item, or \$38 for complete/combo set. 2-Tshirts/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

Make your payment via PayPal to

info@synergyhockeyskills.com

TOTAL AMOUNT DUE: _____

(should match your PayPal payment)

* Synergy Camp Staff is NOT responsible for, and WILL NOT be collecting orders OR money. All orders must be emailed to info@synergyhockeyskills.com and payments thru PayPal or done on-site when apparel rep is present *