



July 19-23, 2021

SYNERGY

Defense Camp

Centene Community Ice Center,
Maryland Heights, 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 skaters with Last Name beginning with letters A to K ** Arrive Dressed for On-Ice Session **		DAILY CAMP SCHEDULE Group 2 – for skaters with Last Name beginning with letters L to Z ** Arrive Dressed for Off-Ice Session **	
Drop Off:	8:30 AM	Drop Off:	9:00 AM
AM On-Ice Session:	9:00 AM	AM On-Ice Session:	10:45AM
Lunch Break:	12:15 PM	Lunch Break:	12:30PM
PM On-Ice Session:	1:00 PM	PM On-Ice Session:	2:45PM
Pick Up: (no later than 4:10pm)	4:00 PM	Pick Up: (no later than 4:30pm)	4:30PM
*All skaters will be participating in an AM and PM off-ice session each day, either before or after their scheduled on-ice sessions.			

IMPORTANT CAMP INFORMATION:

While the COVID virus is still a concern for many, we will do our best to follow all local and facility rules and protocols, as well as our own policies to keep all our participants, their families, and all our staff safe and healthy this summer. We ask that you please follow any guidelines set forth in the information below, if not just for yourself and your skater, but also out of respect for others. As we're sure you've heard many times before this past year, if your skater has ANY symptoms of illness, please do not send them to the rink!

It is advised that unvaccinated participants, or others entering the building, wear a face covering or mask.



- **For MONDAY Check-In:** Participants will be given their camp jersey, after entering the building. Parents/guardians will be given Name Signs (2 per family) for use during daily pick-up (more info below).
- **For Tuesday to Friday Check-In: Curb-Side drop off (Tuesday to Friday)!!** Please follow the image to the left for curb-side/traffic flow – no need for parents/guardians to exit their car. Our coaching staff will greet skaters just inside the main rink door entrance and provide parents/guardians with any pertinent information through the vehicle windows. Please pull as far forward as possible to allow others behind you to pull up for drop off as well. Our coaching staff can assist players with pulling their equipment out of the vehicles and will direct them where to go from there. Parents/guardians are welcome to park (especially if the car line is long) and walk up to the entrance to assist with check-in, but are asked not to enter into the rink (unless you feel it necessary to assist young skaters) just to assist with limiting contact and to minimize large groups of people within the building.
- **Group 1** Participants should arrive with most of their on-ice gear on. They can put their skates and helmets on once they arrive to the rink. **Group 2** Participants can arrive in their off-ice gear since they will begin with an off-ice session.
- **For daily Pick-Up: Curb-Side/Parking Lot pick-up!!** Again, please follow the provided image for curb-side/traffic flow – no need for parents/guardians to exit their vehicles. All parents/guardians will be given 2 Highlighter colored Name Signs (on Monday morning) for display in the windshield of **approved** pick-up drivers at the end of each day. The Name Signs in the windshield will allow our coaches to ensure each skater is going home with an approved person. If you wish to park and come inside for pick-up, please be sure you have your Name Sign with you.
 - **PLEASE PAY ATTENTION TO PICK-UP TIMES! OUR STAFF CAN NOT LEAVE UNTIL EVERYONE IS PICKED UP. LATE PICK UP FEES WILL BE INCURRED (\$1.00/MINUTE) STARTING AT 4:30PM.**
- 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.)
 - Give any and all medication to the Synergy staff member AT CHECK-IN.

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 AT PICK-UP 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 and or SYNERGY staff during check-in at camp.
- Face masks are advised for the non-vaccinated, during arrival, departure and for any other time when not engaged in physical activity. Hand sanitizer will be provided and participants will be reminded to wash hands and use sanitizer frequently throughout each day.
- **Bring/Wear to the Rink:** Full USA Hockey approved gear for all on-ice sessions. Comfortable, athletic clothing for off-ice sessions (t-shirt, shorts, running/athletic shoes – no flip flops/sandals). Group 1 Skaters should come mostly dressed each morning – skates and helmets can be put on once inside the rink. Group 2 Skaters should come dressed for their off-ice session each morning. **It is highly suggested that participants consider wearing clothing under their hockey equipment that can also be worn for their off-ice session to eliminate the need for locker room or private space for changing clothing. Each rink has their own COVID-19 policies on locker room usage as it depends on the size of the rooms and number of participants in each locker room. Space aside from locker rooms may be used to allow adequate space between participants.**
- **Bring:** Water bottle or sports drinks with participants name CLEARLY marked, **AND a packed lunch.** Please remind your skater that they are NOT TO SHARE ANY DRINK OR FOOD/SNACK ITEMS WITH ANYONE! 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 phone usage NOT allowed in locker rooms or restrooms and will be taken away if usage rights are being abused.
- 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.

- 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. We are advising that equipment be properly dried out each evening, wiped down with sanitizing wipes, sprayed with Lysol sanitizer or washed.
 - 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/Bathrooms – 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. Lunch and drink items are NOT to be shared or traded with others.
 - IMPORTANT: If there is a special instructional message for Synergy coaching staff (ie: doctor appointment, picking up early, arriving late next day, etc), please write your message out on note paper – date the message with current date, provide skaters first and last name, and guardians name and phone number. Give the note to the coaching staff assisting your skater at morning drop-off.
 - For any daytime emergency questions, please contact the Centene Community Ice Center - (314) 451-2244.
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SUNDAY EVENING CAMP CHECKLIST:

- Hockey Gear is ready to put on or packed
 - Off-ice/dryland clothing and tennis shoes are ready to put on or packed
 - Water or drink bottles are labeled and ready
 - Lunch is packed
 - Review the drop-off and pick-up times and procedures for your assigned group.
 - Get to be early!
 - And, plan to eat a good breakfast in the morning!
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PLAY SMART! COVID-19 SAFETY PLAN



IF YOU HAVE
A FEVER



HAVE BEEN
EXPOSED



OR DON'T
FEEL WELL



STAY
HOME!