

July 18-22,
2022

SYNERGY HOCKEY

SYNERGY Defense Camp

Centene
Community
Ice Center
Maryland Heights, MO

Thank You!

for trusting in SYNERGY Hockey for our 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.

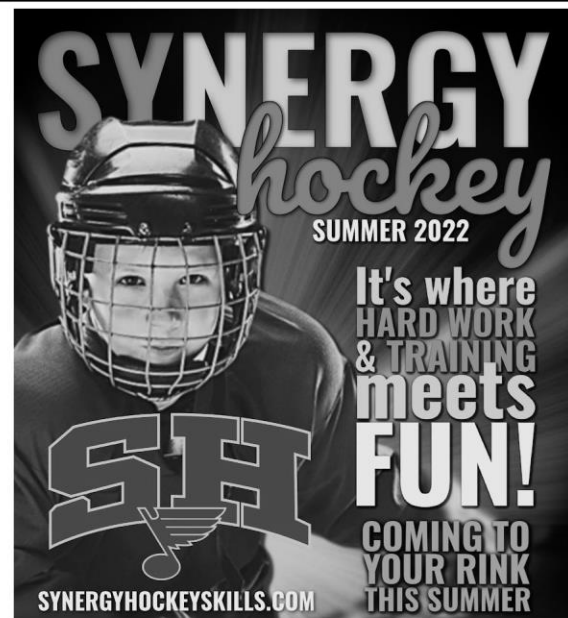
YOUR CAMP SCHEDULE:

ALL PARTICIPANTS

- | | |
|-------------------|--------------|
| • Daily Drop Off: | 8:30 am |
| • AM Ice Session: | 9:00 am |
| • Lunch Break: | 11:45 am |
| • PM Ice Session: | 1:00 pm |
| • Daily Pick-Up: | 3:45-4:00 pm |



* All skaters participate in an AM and PM off-ice session each day, either before or after their scheduled on-ice sessions.



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.

PLEASE PAY ATTENTION TO DAILY 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 THE POSTED PICK-UP TIME.

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 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 SYNERGY Defense Camp
July 18-22, 2022 / Centene Community Ice Center,
Maryland Heights, MO**

• **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.

• **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 skates • snapping helmet straps.

• **For DAILY Pick-Up:** The Name Signs (provided at Monday check-in) are to assist with daily pick-up. The signs are to be used by parents/guardians, or any other approved pick-up person. The Name Signs can be placed in the windshield if curbside pick-up is needed, or can be carried into the rink and shown to our Coaching staff for release of each participant. This procedure helps ensure each participant is going home with an approved person.

• 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.

• **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 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. PLEASE REMIND STAFF ON FRIDAY AT PICK-UP SO IT CAN BE RETURNED!

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

SYNERGY HOCKEY

More Important Info - for the skater!

Make 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.

- SYNERGY Hockey will not tolerate bullying, horseplay, foul language, or other forms of unacceptable and disrespectful behavior to any other participant, staff member, and/or rink employees. Drugs, smoking items, including vape devices, and/or weapons of any kind will result in immediate separation from other participants and removal from further attendance or participation. It is at the discretion of the camp staff to do as they see fit with any situation whether it be a verbal warning, written warning, or an immediate removal from further camp participation, all without the 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 your skater is scheduled to go directly onto the ice upon arriving at the rink, they are welcome to come partially dressed in their gear.

- If skaters require extra help with their gear - make sure to ASK - we can help! Our staff will continuously prompt skaters in the locker rooms, to keep them 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 or off, snapping or unsnapping helmet straps, and tying or untying skates. Staff will be readily available and willing to help when needed.

- Participants will be reminded by our staff to use 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). Participants should be very careful about placing each piece of their gear back in their own bag after each ice session. Labeling everything with your name helps. Items left in 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!

CAMP/CLINIC 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 of drop-off and pick-up times for your assigned group
- ☐ 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?

"Small group training is one of the best ways to quickly improve skills, boost a player's compete level and regular shift endurance."

- Jamie Rivers, owner of SYNERGY Hockey & former Defenseman with the St. Louis Blues.

While our Summer Small Group Training (or lesson programs) began on June 6th, we'd be happy to get your skater started! With a lesson style program available for every age and level of skater, just give us a call and we'll assist with pointing you to the right program!

SYNERGY HOCKEY

PO Box 96, New Melle, MO 63365
info@synergyhockeyskills.com www.synergyhockeyskills.com
office: 636-237-2220