



SYLVAN LAKE HOCKEY CAMP
SYLVAN LAKE | JASPER | ALL GIRLS | GOALTENDERS

It's the SLHC Experience!

You are registered in: **Session 5 – August 7-12, 2023**

Group ?

Registration day: **Monday, August 7 @**

Thank you for choosing the SLHC for your Summer Hockey Fun!! Below is your schedule for Registration Day. Registration will be available for your group only, at the times stated below for arrival. Families with players in other groups can register at the same time. All others come at your designated times our registration process running smoothly. At Registration, you will receive your jersey, pick up schedules & information and ask any questions of concern. As well, and optional, you can purchase meal packages, and jersey numbering & lettering. You may enter by either the North or South entrances of the NexSource Center. Signage will direct you to registration area in the curling rink area. Offices and Pro Shop are in the lower curling rink viewing area. On ice activities are in Arena 1.

Registration Day Schedule

Group A		Group B		Group C	
Arrival	11:45-12:30	Arrival	1:00-1:45	Arrival	2:15-3:00
Orientation	12:30-12:45	Orientation	1:45-2:00	Orientation	3:00-3:15
Put on Equipment	12:45-1:15	Put on Equipment	2:00-2:30	Put on Equipment	3:15-3:45
On Ice	1:15-2:15	On Ice	2:30-3:30	On Ice	3:45-4:45
Dressing Rooms	2 & 3 Arena 2	Dressing Rooms	4 & 6 Arena 2	Dressing Rooms	9 & 10 Arena 1

Our Location!

We are in the Sylvan Lake NexSource Centre, 4823-49 Ave. Entrances and parking are on both the North side and South side of the building. [Map this location.](#)



BOX 8956, SYLVAN LAKE, AB T4S 1S6

403.887.2575

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Information

Groupings

Groups cannot be altered after Info Packages are sent out. Groups are done by age with some consideration of keeping friends or siblings together. Groups depend on ages registered, sometimes we have younger weeks, sometimes older. All have the same instruction.

Weekly Program

SLHC is an All-Skills Camp stressing age-appropriate fundamental training, starting with, and emphasizing skating, puck handling, passing, shooting, battles and team play. We also have a contact confidence station, for appropriate ages, where the student learns the basics of angling and pinning. Off ice students participate in daily interactive activities including our personalized Team Building and Anti Bullying Programs, Nutrition, Dryland Training, Phys Ed at the Beach, just to name a few!

During the Week!

Pro Shop

Located in the lower curling rink viewing area, just to the left of the South entrance. We have Clothing, Ball caps, Skate Sharpening and Jersey Number and Lettering. After you arrive on Registration Day and receive your jersey, head over to the Pro Shop to have your name and favorite number put on. The cost will be \$6 each number, \$12 for the name. We thank you for your patience as it tends to be a busy time.

- **Please ensure your jersey fits your child before you leave the Registration Table** and before you purchase Names & Numbers. You only get one jersey included with your registration. An additional jersey will cost \$30.
- **Registration Day will be the ONLY DAY to put Names & Numbers on your jersey, prior to going on the ice.** We would like to handle them while they are new and clean before they are worn - sweaty, wet & stinky. They will go directly from the Registration table to the Jersey Press area. YES! They will be ready before you go on the ice on Registration Day, but if we get backlogged and do not have it ready, please make sure you have an extra jersey with you. If you register late and do not get your jersey done on Registration Day – if you want your name on it, please do not wear it prior to dropping off, please have an alternate jersey.
- Skate Sharpening \$8.00 – Skates can be sharpened prior to going on the ice on Registration Day and can also be left after the day is done during the week, to be picked up in the morning.

Photographs

Our Photographer – Layla from One Wolf Creative, will be onsite for picture taking on Monday morning. All pictures will be ordered directly online and through One Wolf's website. Order.onewolf.ca – photos are up by Wednesday with a deadline of Saturday to order – each week will have a code to access your pictures. An information sheet is attached in the email.

Meal Packages

Meal Packages are available for purchase on Registration Day if you have not purchased online already. Meal Packages are \$67.50 + GST for all groups and includes 5 lunches. We are also able to provide a special dietary needs menu (Gluten Friendly, Vegetarian, etc) for a cost of \$77.50 + GST. There is not a “per day” cost. All meals are prepared on site from The NexSource Kitchen. (Menu is on Page 3.) We are a **nut free camp**, please do not send snacks with nuts with your child as we have many children come through with severe allergies.

Angling and Skills Clinic

The SLHC offers an additional Angling & Skills Clinic and is designed to build the skills necessary to create confidence in contact hockey. These are foundational skills that are meant to be built upon in the future. The skills portion focus on evasive tactics to eliminate being hit and reading the play to best put yourself in a position that is favorable for the player. The program is scheduled for an hour after regular camp on Monday evening is limited to players 2013 & older. The cost for this session is \$37.50 + GST.

Sylvan Lake Aqua Splash

The Aqua Splash is an optional activity for each group at the end of the day according to the schedule you are on. Players 6 years of age and older, and at least 3'6" can attend this activity. Life jackets are supplied by the vendor that all customers must wear. For more information: <https://www.sylvanlakeaquasplash.ca/>. An awesome, fun way to end the day!! This activity cost is \$16 + GST.

Daily Meal Plan – 5 Lunches @ \$67.50 (+ GST)

Also available for purchase on Registration Day if not purchased online.

All lunches will be individually served buffet style by Catering Staff. Water and Juice are available in Large Thermoses.

If your child requires a special menu, we can accommodate most requests. Please let us know ASAP as we need to book with the kitchen prior to Registration Day. Any alternate meals ie: Gluten Friendly – meaning the Caterers cannot guarantee that products have not encountered Gluten within the kitchen, Vegetarian, Dairy Free will be an extra \$10 charge.

Meal plans are as stated. Please go over with your child. If your child does not like something, please send something they will eat. **There is no “Per Day” cost.**

We are a **nut free camp**, please do not send anything with nuts with your child as we have many children come through with severe allergies.

All Meals will include water, juice, condiments:

Tuesday Pancakes Sausages Hash browns Fruit	Friday Taco in a Bag – seasoned beef, cheese lettuce, dressing Assorted Fruit or Vegetables w/ dip Treat
Wednesday Grilled Cheese Sandwich Assorted Vegetables with Ranch Dip Bowl of Soup with Crackers Treat	Saturday Pizza – Cheese or pepperoni Assorted Fruit or Vegetables w/ dip Treat
Thursday Pasta & Sauce, Parmesan cheese Assorted Fruit or Vegetables w/ dip Ice Cream Sandwich	

*Given the cost of fresh produce & fruit currently, to keep our costs down we have just stated Assorted Vegetables or Fruit on any day as well as daily Treats – whatever is most cost efficient when purchasing will be what we serve for the week.



Please tag us when posting your player having fun at camp! Facebook - <https://www.facebook.com/SylvanLakeHockeyCamp/>
 Instagram - <https://www.instagram.com/slhockeycamp/> We love to see all the pictures on our Social Media platforms! #SLHC
 #SylvanLakeHockeyCamp #hockeycampfun! At the end of the week, please leave us a [Google review!](#)

The NexSource Centre

All activities in the NexSource Centre (outside of SLHC), will require a paid pass, which is a wristband. For more information regarding prices, check out the NexSource Centre [Admission Fees & Information](#).

Supplies to Bring all days:

- **All Hockey Equipment – each student must have a neck guard.**
- Please have a Backpack, clearly labelled with your child's name with the following:
 - Phys Ed gear – Gym shorts, t-shirt
 - Water Bottle – with the child's name clearly written on it – we have water bottles for sale in the Pro Shop if you do not have one.
 - Bathing Suit and Beach towel
 - Sunscreen & bug spray (if needed)
 - Hat – one that keeps the sun off the head
 - Running shoes

Please make sure everything is **clearly labeled with names** in case any item gets lost. The number of lost & found items last year that were not claimed was absolutely astounding!

*****Important*** Checklist for Equipment:** **Please double/triple check that all equipment is in the bag!** We do not have any extra equipment onsite, including sticks. You will be receiving a Sylvan Lake Hockey Camp Jersey to wear during your week at Camp.

Skaters:	✓	Goalies:	✓
Skates		Goalie skates	
Blade Protectors		Goalie helmet	
Stick		Goalie pants	
Tape		Blocker	
Helmet with Mask		Catcher	
Shoulder pads		Chest protector	
Elbow pads		Leg pads	
Gloves		Goalie stick	
Hockey pants		Throat protector	
Shin guards		Blade protectors	
Hockey socks		Tape	
Hockey Jock/Jill		Hockey Jock/Jill	
Equipment bag		Hockey socks	
Neck guard		Equipment bag	
Socks to wear on your feet!		Socks to wear on your feet!	
**Spare Jersey In case jerseys are not ready with names/numbers prior to going on the ice on reg day.			
**Mouth Guards are encouraged to be used but not a requirement.			

****Please go over with your child on how to dress themselves a few times prior to coming to camp.**
Rovers will be available to help tie skates and to assist getting dressed for the younger kids.
Parents & Siblings are not to be in the dressing rooms.

AGAIN - remember to label everything and check your equipment list!
Walmart & Canadian Tire have limited supplies of Hockey items in the summer.

Group A – Registration Day	
Group A	
Arrival	11:45-12:30
Orientation	12:30-12:45
Put on Equipment	12:45-1:15
On Ice	1:15-2:15

Daily Schedules – Group A

****All Activities are subject to change at any time and some are dependent on the weather.**

To complement the daily on ice program, the 2023 SLHC schedule has been updated to include a variety of age and skill appropriate off ice activities that focus on physical training and character building. Activities are labelled on your schedule, these activities include the latest land training methods, team building exercises, Anti bullying awareness programs and nutritional information. The time frames are flexible to accommodate the dynamics of the group as well as the weather. Please be sure to send a bathing suit and towel everyday.

Day 1 – Tuesday		Day 2 – Wednesday		Day 3 - Thursday	
On Ice Pictures Intro To SLHC Lunch Break Intro To Games On Ice Agility Training	9:30-10:45 am 11:15-11:45 am 11:45-12:15 pm 12:15-1:00 pm 1:00-1:30 pm 2:00-3:15 pm 3:45-4:30 pm	On Ice Team Game Mindfulness Lunch On-Ice Aqua Splash/Beach Day	8:00-9:15 am 9:45-10:30 am 10:30-11:15 am 11:15-12:00 pm 12:30-1:45 pm 2:00-4:15 pm	Team Building Stay Cool On Ice Lunch Break Floor Hockey A/C Collab On Ice	9:00-9:45 am 9:45-10:30 am 11:00-12:15 pm 12:45-1:30 pm 1:30-2:15 pm 2:15-3:00 pm 3:30-4:45 pm
Day 4 - Friday					
On Ice Skills Comp Lunch Break Refer below for Thursday PM and Friday	9:30-10:45 am 11:15-12:00 pm 12:00-12:45 pm Competition Schedule on Page 8				

Scrimmage & Competition Day Schedules – Friday PM & Saturday

Commencing Thursday at noon, all Groups will be divided into teams. These teams are smaller and more workable for games. They are divided by age and ability to try and make the games as competitive as possible. Lists will be posted by Wednesday at pick up time and posted at Arena 2 Entrance. There will be 5 games with each game consisting of 2 equal teams. Groups from youngest to oldest - Group 1A/1B, Group 2, Group 3 and Group 4. Thursdays/Fridays will focus on age-appropriate game and game day preparation.

*Groups 1A/1B have identical Thursday schedules & separate Friday Schedules. Their game will be confined area competition as per Hockey Canada Recommendations & Regulations.

Group B - Registration Day

Group B	
Arrival	1:00-1:45
Orientation	1:45-2:00
Put on Equipment	2:00-2:30
On Ice	2:30-3:30

Daily Schedules – Group B

****All Activities are subject to change at any time and some are dependent on the weather.**

To complement the daily on ice program, the 2023 SLHC schedule has been updated to include a variety of age and skill appropriate off ice activities that focus on physical training and character building. Activities are labelled on your schedule, these activities include the latest land training methods, team building exercises, Anti bullying awareness programs and nutritional information. The time frames are flexible to accommodate the dynamics of the group as well as the weather. Please be sure to send a bathing suit and towel everyday.

Day 1 – Tuesday		Day 2 – Wednesday		Day 3 - Thursday	
On Ice	8:00-9:15 am	Intro to Games	9:00-9:45 am	On Ice	9:30-10:45 am
Pictures	9:45-10:30 am	Team Building	9:45-10:30 am	Skills Comp	11:15-12:15 pm
Intro to SLHC	10:30-11:15 am	On Ice	11:00-12:15 pm	Lunch Break	12:15-1:00 pm
Lunch Break	11:15-12:00 pm	Lunch Break	12:45-1:30 pm	Mindfulness	1:00-1:30 pm
On Ice	12:30-1:45 pm	Floor Hockey	1:30-2:15 pm	On Ice	2:00-3:15 pm
Aqua Splash	2:15-4:30 pm	Hockey Values	2:15-3:00 pm	Agility Training	3:45-4:30 pm
*Angling & Skills Clinic (\$37.50)	5:00-6:00 pm	On Ice	3:30-4:45 pm		
Day 4 - Friday					
On Ice	8:00-9:15 am				
B/C Collab	9:45-10:30 am				
Dryland Training	10:30-11:15 am				
Lunch Break	11:15-12:00 pm				
Refer below for Thursday PM and Friday	Competition Schedule on Page 8				

Scrimmage & Competition Day Schedules – Friday PM & Saturday

Commencing Thursday at noon, all Groups will be divided into teams. These teams are smaller and more workable for games. They are divided by age and ability to try and make the games as competitive as possible. Lists will be posted by Wednesday at pick up time and posted at Arena 2 Entrance. There will be 5 games with each game consisting of 2 equal teams. Groups from youngest to oldest - Group 1A/1B, Group 2, Group 3 and Group 4. Thursdays/Fridays will focus on age-appropriate game and game day preparation.

Group C - Registration Day

Group C	
Arrival	2:15-3:00
Orientation	3:00-3:15
Put on Equipment	3:15-3:45
On Ice	3:45-4:45

Daily Schedules – Group C

****All Activities are subject to change at any time and some are dependent on the weather.**

To complement the daily on ice program, the 2023 SLHC schedule has been updated to include a variety of age and skill appropriate off ice activities that focus on physical training and character building. Activities are labelled on your schedule, these activities include the latest land training methods, team building exercises, Anti bullying awareness programs and nutritional information. The time frames are flexible to accommodate the dynamics of the group as well as the weather. Please be sure to send a bathing suit and towel everyday.

Day 1 – Tuesday		Day 2 – Wednesday		Day 3 - Thursday	
Pictures	9:00-9:45 am	On Ice	9:30-10:45 am	On Ice	8:00-9:15 am
Intro to SLHC	9:45-10:30 am	Hockey Values	11:15-12:15 pm	Skills Comp	9:45-10:30 am
On Ice	11:00-12:15 pm	Lunch Break	12:15-1:00 pm	Mindfulness	10:30-11:15 pm
Lunch Break	12:45-1:30 pm	Team Building	1:00-1:30 pm	Lunch Break	11:15-12:00 pm
Floor Hockey	1:30-2:15 pm	On Ice	2:00-3:15 pm	On Ice	12:30-1:45 pm
Intro to Games	2:15-3:00 pm	Agility training	3:45-4:30 pm	A/C Collab	2:15-3:00 pm
On Ice	3:30-4:45 pm			Aqua Splash	2:45-5:15 pm
*Angling & Skills Clinic (\$37.50)	5:00 – 6:00 pm				
Day 4 - Friday					
Failing to Succeed	9:00-9:45 am				
B/C Collab	9:45-10:30 am				
On Ice	11:00-12:15 pm				
Lunch Break	12:45-1:30 pm				
3/4 Carnival	1:30-2:15 pm				
Refer below for Thursday PM and Friday	Competition Schedule on Page 8				

Scrimmage & Competition Day Schedules – Friday PM & Saturday

Commencing Thursday at noon, all Groups will be divided into teams. These teams are smaller and more workable for games. They are divided by age and ability to try and make the games as competitive as possible. Lists will be posted by Wednesday at pick up time and posted at Arena 2 Entrance. There will be 5 games with each game consisting of 2 equal teams. Groups from youngest to oldest - Group 1A/1B, Group 2, Group 3 and Group 4. Thursdays/Fridays will focus on age-appropriate game and game day preparation.

Scrimmage & Competition Day Schedules – Thursday & Friday

Day 4 – Friday Group 1A/1B		Day 5 – Saturday Group 1A	
Stretching/ Games	12:45-1:15 pm	Wrap Up	9:00-9:45 am
On Ice	1:45-2:45 pm	On-Ice Competition	10:15-11:15 am
Team Building	3:15-3:45 pm	Lunch Break	11:45-12:30 pm
Slip n Slide	3:45-4:30 pm		
		Day 5 – Saturday Group 1B	
		Wrap Up	9:00-9:45 am
		Team Play- Offside	9:45-10:15 am
		Team Games	10:15-10:45 am
		On-Ice Competition	11:20-12:20 pm
		Lunch Break	12:35-1:00 pm
Day 4 – Friday Group 2		Day 5 – Saturday Group 2	
On Ice	12:30-1:30 pm	Wrap Up	10:15-11:15 am
Groups 2/4	2:00-3:00 pm	Lunch	11:15-12:00 pm
Stretch & Games		On-Ice Competition	12:35-2:00 pm
Slip N Slide	3:00-3:45pm		
Team Games	3:45-4:00 pm		
Day 4 – Friday Group 3		Day 5 – Saturday Group 3	
Team Building	12:00-12:45 pm	Wrap Up	11:00-11:45 am
Stretch & Games	12:45-1:30 pm	Team Games	11:45-12:00 pm
Groups 3/4	1:30-2:15 pm	Lunch	12:00-12:45 pm
Minute to Win		Dryland	12:45-1:30 pm
On Ice	3:00-4:00 pm	Scrimmage	
		On-Ice Competition	2:15-3:45 pm
Day 4 – Friday Group 4		Day 5 – Saturday Group 4	
Groups	2:15-3:00 pm	Wrap Up	11:45-12:15 pm
2/4 Stretch & Games	3:00-3:45 pm	Lunch	12:15-1:00 pm
Dryland		Game Strategy	1:00-3:00 pm
Scrimmage	4:15-5:15 pm	Competition	3:55-5:15 pm
On Ice			

“The “Rulz”

Please go over the rules with your child as they are immediate reasons to be sent home.

- Every student is always expected to act in a proper manner.
- Name calling or abusive language, bullying or teasing **will not be** tolerated – always treat people with the respect you would like.
- Fighting will be dealt with in a severe manner.
- Respect all facilities & staff, dressing rooms are for getting equipment on and off, they are not to be used as a play area.
- Students must always stay with their groups.

General “Rulz”

- **Name tags** – you will find a name tag on the door of the dressing room you have been assigned. Please take the name tag and put it on the front of your helmet.
- **Dressing Rooms**.- To avoid congestion in the dressing rooms, we request that parents stay out of the dressing rooms. This has worked very well in the past to have a room free of chaos and confusion for the ease of getting ready – we have Rovers to help tie skates and get the kids’ gear on, if needed. Equipment can be left in the dressing rooms between daily sessions.
- **Skate Sharpening** – we only sharpen skates after the day is over. Drop off your skates in the Pro Shop – they will be sharpened and locked in the shop until morning. Skate Sharpening is \$8.
- **Rovers** – are instructional group leaders that go with you to all off ice activities and both ice times. If you need help with your equipment or have any questions or concerns, please ask your Rover.
- **Meal Plan** – if you have signed up for the meal plan, the Rovers will take roll call and take you for your meals in our Lunch Area. If you bring your own lunch, you will also go with your group to eat lunch. We are a **nut free camp**, please do not send anything with nuts with your child as we have many children come through with severe allergies.
- **Snacks** – Because it is a long day, we will have a quick dedicated snack time for a snack brought from home (no nuts). We encourage to always have a water bottle with the name of the child on it. There is no food allowed in the dressing rooms. If you spill anything it can end up on another student’s equipment, so please eat your food in the designated Area.
- **Stay with the Group** – After the Rovers take roll call, follow them to morning & afternoon activities and listen to them so you know when to get dressed for your ice times.
- **Discipline Policy** – No swearing, fighting, bullying, name calling or bothering other students on or off the ice. If you are a problem on or off the ice, the instructors will ask you to sit out of the activity and will return to ask if you can follow the rules of the Camp. If this behaviour continues, you will be taken to talk to the office personnel and your parents. We do not tolerate disrespecting others at the Camp.
- **Off Ice Activities** – Off Ice Activities consist daily of three to four, 30 to 45-minute sessions, that include age-appropriate dry land physical training, as well other group lessons such as team building, antibullying and a variety of other mental and social skill development scenarios. Daily locations and schedules for these activities are sometimes weather dependent so be prepared each day for inside or outside venues. With that in mind bring a bathing suit, towel, sunscreen, water bottle, bug spray and hat each day as we do try to work in some beach time throughout the week. Your dressing room will be your muster point for the start of all activities.
- **Listen** – Please listen on and off the ice. It makes everyone’s job easier, and everyone can learn and have fun! The Players and Parents that come to Sylvan Lake come to learn hockey and have a fun Summer – not to be teased and bullied. Remember to treat people the way you wish to be treated.

Have a great week at the Sylvan Lake Hockey Camp!!
Feel free to stop by the office area in the Curling Rink if you have any questions or concerns!

SLHC FAQ's

Q/ My child has been put in Group A and their friend is in Group B. Can we put them together?

A/ Only upon request prior to camp and only if we can balance the group by moving another player out. We try to keep friends and siblings together wherever possible, providing there is not a huge gap in age, and if requested prior to group send out. Sometimes it is impossible because of the age difference. For the most part – we can make sure everyone is where they want to be!

Q/ My child is in Group B and they played rep hockey last year and we are afraid they won't be challenged enough. Can they be put in a higher group?

A/ Same as above. Everyone is taught the skills to challenge themselves.

Q/ Aqua Splash was cancelled due to weather – will it be rescheduled?

A/ No. There are set times for each Group to attend Aqua Splash. There is no rescheduling as there is no time. There are additional activities at the NexSource Centre we have planned – swimming at the pool, games & Bouncy Castle – all depending on what we can get. You will be refunded the difference in cost. You can try to take your child after camp is over on any day as well – they are open until 7 pm as long as the weather cooperates.

Q/ We have a family reunion on Saturday and an 8-hour drive. Our youngest is in Group A and chances are we won't make it in time for their registration or ice time. Does it matter if they miss, or can they on with another group?

A/ This is a frequent occurrence. The registration day is to pick up your jersey, get your name & number on, check out Day Meal options etc. while the skate is mainly to get some warmup and to meet their group and group leaders (we call them Rovers). Naturally, they can miss, and we will do the registration procedure when you get here or even in the morning of Day 1. You can book your jersey to have name/numbers pressed on to pick up Monday morning if you are confident of the jersey size.

Q/ Is there skate sharpening available?

A/ Yes. We have a skate sharpener on site, and it is available on registration day and each evening during the camp. We have a Pro Shop that offers souvenirs, tape, laces etc.

Q/ My child has allergies and can't eat some or any of the menu for the day meal package. Can I pack him/her a lunch and stay with the group?

A/ Yes. If you choose to pack a lunch for your child/children, they can all eat in the same area. If your child does not like a meal one of the days, you may pack a lunch for them. There is not a per day cost, nor will you be refunded for a missed meal.

Q/ I have other siblings who are here for a holiday as well. Do always I have to be there?

A/ You can leave at any time as their group leaders (Rovers) will supervise the group within camp hours. Especially with Groups A and B, we ask that you please let the group leaders (Rovers) if you are not going to be around until pickup. You are welcome at any time to watch your child on ice or in an activity during the day, but we request you do stay out of the dressing room.

Q/ We are camping. Is there anywhere to store their equipment at night?

A/ All equipment must be taken home after each day. SLHC is not responsible for any missing equipment or items.