



BOX 8956, SYLVAN LAKE, AB T4S 1S6  
info@sylvanlakehockeycamp.com  
www.sylvanlakehockeycamp.com

403 • 887 • 2575

SYLVAN LAKE | ALL GIRLS | GOALTENDERS

## 2025 Information Package

You are registered in: Any Session

### Any Group

Registration day is Sunday for any session except 5

Session 5 – registration is Monday

Welcome to the Sylvan Lake Hockey Camp!

Thank you for choosing SLHC for your Summer Hockey Fun!

We're excited to have you join us for a fantastic week of skill development, teamwork, and fun.

Group A		Group B		Group C	
Arrival	11:30-12:30	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	7 & 8 Arena 1	Dressing Rooms	9 & 10 Arena 1	Dressing Rooms	3 & 4 Arena 2

### Registration Day Schedule & Details

To help ensure a smooth and efficient process, registration is scheduled by group. Please arrive at the time designated for your player's group. Families with multiple players in different groups may register all players at once during the earlier group's registration window. We ask that everyone else kindly adhere to their group's designated time.

At Registration, you will:

- Receive your camp jersey and register for any optional items, if you have not already purchased.
- Pick up your weekly schedule and camp information, if needed.
- Have the opportunity to ask any questions

Location: **NexSource Centre - 4823-49 Ave**

- Enter through either the North or South Entrances, Parking on either side as well.
- Follow signs directing you to the Registration Area in the Curling Rink (Southwest area of building)
- The Offices and Pro Shop are in the lower curling rink viewing area
- On-ice activities will take place in Arena 1 (North Arena)

Please ensure you arrive on time for your designated registration window. Your cooperation helps us stay on schedule and deliver a great experience for everyone!



*It's the SLHC Experience!*

# Important Information!

## Groupings

Once Information Packages are sent out, group assignments cannot be changed. Groups are primarily organized by age, with some consideration given to placing friends or siblings together when possible. Group compositions vary depending on the ages of participants registered for each week—some weeks may have younger overall groups, others older. Regardless of age, all groups receive the same high-quality instruction.

## Weekly Program

SLHC is an All-Skills Camp focused on age-appropriate fundamental hockey training. Our on-ice sessions emphasize core skills including skating, puck handling, passing, shooting, battles, and team play. For eligible age groups, we also offer a *Contact Confidence Station*, where players learn the basics of angling and pinning in a safe and controlled environment. Off the ice, students participate in a variety of daily interactive activities. These include our personalized Team Building and Anti-Bullying Programs, Nutrition Education, Dryland Training, and Physical Education at the Beach—just to name a few!

## Pro Shop

The Pro Shop is in the lower curling rink viewing area, just to the left of the South entrance. We offer a variety of items including clothing, ball caps, skate sharpening, and jersey number and name lettering. After receiving your jersey on Registration Day, stop by the Pro Shop to have your name and favorite number added. We appreciate your patience, as this tends to be a busy time.

**Please ensure your jersey fits your child before leaving the Registration Table** and confirm the size with our staff *before* purchasing name and number customization. Each camper receives **one jersey** with registration. Additional jerseys are available for **\$30**.

**Name & Number customization is only available on Registration Day**, prior to your child going on the ice. Jerseys must be clean and unworn for pressing, so they will go **directly from the Registration Table to the Jersey Press area**.

- YES — jerseys will be ready before your child hits the ice!
- HOWEVER — if we experience delays, please have a spare jersey on hand just in case.
- If you register late and miss customization on Registration Day, you may still get it done, but **do not wear the jersey prior to dropping it off**. Bring an alternate jersey instead.

### Pricing:

- Name: **\$12.00**
- Number: **\$6.00 per digit**

### Skate Sharpening: **\$8.00**

- Skates can be sharpened before going on the ice on Registration Day.
- During camp, you may leave skates for sharpening at the end of the day and pick them up the following morning.

## Angling and Skills Clinic

SLHC offers an additional **Angling & Skills Clinic** aimed at helping players build the foundational skills required for confident and safe contact hockey. The session focuses on evasive techniques to reduce the risk of being hit, along with play-reading strategies to help players position themselves effectively on the ice. These are key skills that serve as a strong base for future development.

The clinic takes place on **Monday evening, from 5:30 -6:30, after regular camp**, and is open to players **born in 2014 or earlier**. The cost is **\$40.00 + GST**. Space is limited to 40 players, so early sign-up is recommended.

## Sylvan Lake Aqua Splash

Aqua Splash is an optional end-of-day activity available to each group. Players must be **6 years of age or older** and a **minimum of 3'6" tall** to participate. All participants are required to wear a **life jacket**, which is provided by the Aqua Splash vendor.

This exciting activity is a fun and memorable way to wrap up the day!

**Cost:** \$16 + GST

**More info:** [www.sylvanlakeaquasplash.ca](http://www.sylvanlakeaquasplash.ca)

## Supplies to Bring – Every Day

Please ensure your child comes fully prepared each day with the following:

### Hockey Equipment (Required):

- Full set of hockey gear, including a neck guard (mandatory)
- Hockey stick
- SLHC jersey (provided at registration and required for on-ice sessions)

### Backpack (Clearly Labeled with Child's Name):

- Phys Ed gear – Gym shorts & t-shirt
- Water bottle – Labeled with your child's name (*available for purchase in the Pro Shop*)
- Bathing suit & beach towel
- Sunscreen & bug spray (if needed)
- Hat – One that provides sun protection
- Running shoes

### Important Reminders:

- Label everything! The number of unclaimed lost items last year was astounding—we want to help your child keep all their belongings!
- Check hockey bags thoroughly. We do not have extra equipment on-site, including sticks. **Double- and triple-check that all gear is packed each day.**

Your child will receive their SLHC jersey at registration to wear throughout their 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.			

### Dressing Room Reminders




#### Please review with your child how to dress themselves in their hockey gear before camp begins.

While our staff and Rovers will be available to assist younger children with equipment and tying skates, we encourage independence as much as possible.

#### Parents and siblings are not permitted in the dressing rooms.

This helps maintain a safe, focused environment for all players.

### Important Notes

-  **Label everything** — gear, clothing, water bottles, etc.
-  **Double-check your equipment list** before camp begins.
-  **Hockey gear can be hard to find in summer** — Walmart and Canadian Tire have limited stock. Plan ahead to avoid last-minute scrambles!

## Daily Meal Plan – 5 Lunches @ \$71.25 (+ GST)

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

Our catering staff will **individually serve all lunches buffet-style**, ensuring a safe, smooth, and enjoyable experience for all campers. **Water and juice** will be available at every meal, along with **standard condiments**.

We kindly ask that you **review the weekly meal plan with your child** before camp begins. If there's a particular item they don't enjoy or can't eat, please feel free to send a **lunch from home** to ensure they have something suitable. Please note: There is **no per-day charge** for meals, but **missed meals will not be refunded**.

**Q: My child has allergies or dislikes some menu items. Can I pack their lunch?**

**A:** Absolutely. Children with allergies, dietary restrictions, or preferences may bring a lunch from home and will still eat with their group.

<p><b>Day 2</b></p> <p>French Toast Chicken Bites Fruit / Vegetables Treat</p>	<p><b>Day 5</b></p> <p>Pasta Day w/ Tomato or Alfredo Garlic Bread Fruit / Vegetables Treat</p>
<p><b>Day 3</b></p> <p>All Beef Weiner &amp; Bun Homemade “KD” Fruit / Vegetables Treat</p>	<p><b>Day 6</b></p> <p>BBQ Hamburgers &amp; bun Potato Chips Fruit / Vegetables Treat</p>
<p><b>Day 4</b></p> <p>Build your Own “Lunchables” Variety of meat, cheese, crackers, buns Fruit / Vegetables Ice Cream Sandwich</p>	

**Note on Fruit, Veggies & Treats** 🍎 🥕 🍪

Due to the current cost of fresh produce and products, our daily **“Assorted Vegetables or Fruit”** and **“Treats”** will vary based on what is most cost-effective to purchase each week. This helps us continue offering quality meals while **keeping camp fees affordable** for families. We appreciate your understanding!

**Snacks & Food Guidelines** 🍎 🍷

Feel free to **send snacks with your child**—we have designated snack times built into the daily schedule to help keep energy levels up.

**🔔 Important Reminders:**

- **We are a nut-free camp.** Please **do not send any snacks containing nuts**, to protect campers with severe allergies.
- **Food and drinks are not allowed in the dressing rooms.** Water bottles are the only exception.
- Spills can damage equipment, so please eat only in designated snack areas.

**👛 Need more snack options?**

- **Vending machines** are located just outside the Curling Rink area.
- The **main concession** in the NexSource Centre will be open daily.

Thank you for helping us keep camp safe and clean for everyone!

# The "Rulz" – Must-Reads for a Safe & Fun Week!

## ● Important Behaviour Expectations

Please review these rules with your child before camp. Violations may result in removal from camp.

- Always act respectfully and responsibly.
- No name-calling, bullying, teasing, or abusive language. Treat others how you'd like to be treated.
- Fighting will not be tolerated.
- Respect all facilities, equipment, and staff.
- Dressing rooms are for changing only, not for playing.
- Campers must always stay with their assigned groups.

## 📄 General Camp Guidelines

- Name Tags: Your child's name tag will be on the door of their dressing room. Please stick it to the front of their helmet.
- Dressing Rooms:
  - Parents & siblings are not allowed in the dressing rooms.
  - Rovers will assist with skate tying and gear as needed.
  - Equipment can stay in the dressing rooms between sessions.
- Skate Sharpening:
  - Drop skates at the Pro Shop after camp day ends; they'll be sharpened and locked up overnight.
  - Cost: \$8 per sharpening.
- Rovers:
  - Rovers are your child's go-to leaders.
  - They guide campers to all activities and help with equipment and questions.
- Meal Plan:
  - If registered, Rovers will accompany and supervise campers at all meal times.
  - If bringing a lunch, your child will still eat with their group.
  - We are a nut-free camp – please avoid all nut products.
- Snacks:
  - Each camper will have a snack break (home-packed, nut-free).
  - No food or drink in dressing rooms (except water bottles, clearly labeled).
  - Eating is allowed only in designated snack areas to protect equipment from spills.
- Stay with Your Group:
  - After roll call, follow your Rover and listen carefully for ice time instructions.
- Discipline Policy:
  - Swearing, fighting, bullying, or disrespect will result in a time-out and meeting with staff.
  - Repeated behavior may lead to dismissal from camp.
  - Our goal is to maintain a fun, safe, and respectful environment for all.

## 🎨 Off-Ice Activities

Each day includes 3–4 off-ice sessions (30–45 mins each) that may involve:

- Dryland training
- Team building
- Anti-bullying & character development
- Social and mental skills activities

⚠️ Weather can impact locations, so please come prepared for both indoor & outdoor activities. Daily Must-Haves: bathing suit, towel, sunscreen, bug spray, hat, and water bottle. Your dressing room is your muster point at the start of each day.

## 👂 Listen, Learn & Have Fun!

Listening helps everyone get the most out of camp. We're here to build skills, make friends, and have a great time—not to be teased or excluded. **Always treat others with kindness and respect.**

## SLHC Frequently Asked Questions

**Q: My child is in Group A and their friend is in Group B. Can they be placed together?**

A: Only if requested before camp begins, and only if we can make a balanced group by moving another player. We do our best to keep friends and/or siblings together, as long as there isn't a significant age gap. While it's not always possible, most requests can be accommodated if submitted early.

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**Q: My child is in Group B but played rep hockey last year. Can they be moved to a more advanced group?**

A: Similar to the above—groups are set by age and balanced to ensure fair instruction. Every group receives training that allows each player to challenge themselves at their own pace.

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**Q: We have a family event and won't make it to Registration or the first skate. Can my child join later or with another group?**

A: Absolutely. Registration Day is primarily for picking up jerseys, getting name/number added, and meeting group leaders (Rovers). If you miss it, we can register your child on Monday morning. If you're confident in jersey sizing, we can press names/numbers in advance for Monday pickup.

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**Q: I have other children with me on holiday. Do I have to stay at the camp all day?**

A: No. Once your child is dropped off, their Rovers (group leaders) will supervise them throughout the day. For younger groups (A & B), please let the Rovers know if you won't be on-site until pickup. You are always welcome to watch activities, but we ask that parents do not enter the dressing rooms.

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**Q: We're camping. Can my child leave their gear at the rink overnight?**

A: No. All equipment must be taken home at the end of each day. SLHC is not responsible for lost or missing gear.

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Facebook, Instagram & Google



### Share the Fun!

We love seeing your players having a blast at camp! 📸

Don't forget to **tag us** when posting your photos:

- **Facebook:** [Sylvan Lake Hockey Camp](#)
- **Instagram:** [@slhockeycamp](#)

Use the hashtags: **#SLHC2025 #SylvanLakeHockeyCamp #HockeyCampFun #itstheslhcxperience**

At the end of the week, we'd really appreciate it if you could leave us a **Google review**—your feedback helps us grow and keeps the SLHC spirit strong!

### End-of-Week Survey

At the end of the week, you'll receive a brief survey via email. We'd greatly appreciate it if you could take a few minutes to fill it out and share your thoughts.

Your feedback helps us improve the camp experience and make future summers even better for all our players and families. Thank you in advance for your time and support!

## The NexSource Centre

Please note that **all activities in the NexSource Centre that are not part of SLHC** will require a **paid admission pass**, provided in the form of a wristband. For current pricing and details, please refer to: [NexSource Centre Admission Fees & Information](#)

As we get ready to launch another amazing summer at Sylvan Lake Hockey Camp, we kindly ask for your cooperation in keeping our facilities safe and respectful for everyone.

👉 **This includes the walking track in Arena 1.** Please be respectful of paying customers by **keeping children off the track and away from any fitness equipment.**

Let's all do our part to keep the space safe, shared, and enjoyable for everyone using the facility. Thank you for your understanding!

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### The Diamond Valley Den 📍 *Located on the second level of the NexSource Centre*

(Please note: While SLHC is usually on the ice beneath the Lounge, **this year we are on the opposite ice surface.**)

Located inside the NexSource Centre and just steps away from the action, the **Diamond Valley Den** is Sylvan Lake's hidden gem for fans, foodies, and craft beer lovers alike. Whether you're cheering on your team or just soaking in the atmosphere, our **9-foot viewing glass** keeps you front and center for all the play-by-play without ever leaving your seat.

🍷 We serve up a **full food menu** perfect for game nights, casual get-togethers, or a satisfying meal after a skate. From classic pub favourites to hearty comfort food, there's something for every appetite.

🍺 Looking to sip on something local? The Den proudly features a rotating lineup of **craft beers from across Central Alberta and beyond**, showcasing the talent, creativity, and passion of our country's top brewers.

Whether you're here for the hockey, the hops, or the hangout, the Diamond Valley Den is your place to kick back and enjoy the best of Sylvan Lake hospitality — without missing a moment of the action.

🇨🇦 **Have a great week at Sylvan Lake Hockey Camp!**

**If you have any questions or concerns, please stop by the office area in the Curling Rink—we're happy to help!**