



Torjager Hockey Camps

What to Bring to the Camp and More!

ARRIVAL TIME

Please arrive *30 minutes* before camp start time with your child to sign in, be assigned to a group, and complete any needed paperwork or payment on the first day of camp.

TORJAGER CAMP CHECK LIST

What your child needs to bring to camp.

- Practice Jersey (preferably white)
- All Hockey Equipment!
 - skates
 - gloves
 - helmet with face mask
 - elbow pads
 - knee pads
 - mouth guard (optional)
 - stick
- Street /Road Hockey Stick (for camps with dryland/off-ice time only)
- Snacks and / or lunch
- Water bottle!!!! (Please supply own bottle!!)
- Any special medication. (Please notify Hockey Camp staff upon check-in.)



FOOD AND DRINKS

Bring a snack to camp; high energy food such as fruit, granola bars, etc. Some camps have a half an hour break or more between off-ice/on-ice components, so bring enough snacks or a lunch to ensure energy replacement throughout the camp. Please be sensitive to those players with allergies (i.e. peanut allergy).

Quick Tips

- Athletes who fail to refuel and/or rehydrate during and after activities will not have the optimal level of energy to play at the same intensity the next day.
- To help in the recovery process, athletes should eat a high-carbohydrate snack within minutes after practice and a healthy meal one hour later.
- Sports drinks are an ideal way for athletes to rehydrate during and after exercise.

RULES FOR CAMP

All players must follow these rules for the camp: No fighting, foul language, spitting or horseplay. All players must respect the camp instructors, the Arena staff and the Arena itself. If any of these rules are broken the player will be asked to leave the camp and there will not be a refund.

Torjager Hockey

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