



Champions Fundamental Camp Recplex
June 5th -7th ,2025

June 5th

12:15pm	Check in
1:00-2:30pm	Power skating-Skill stations
2:45-3:45pm	Lecture/Video/Chalk talk/Off ice
4:00-5:30pm	Team Practice-Scrimmage

June 6th

8:15-9:45am	Power skating-Skill stations
10:00-10:45am	Lecture/Video
10:45-11:00am	Snack (Brought from home)
11:00-11:45am	Off Ice/Chalk talk
12:15-1:15pm	Team Practice-Scrimmage

June 7th

8:00-9:35am	Power skating-Skill stations
9:45-10:45am	Lecture/Video/Chalk talk
11:00-12:30pm	Champions Cup

The Champion's staff is excited to get on the ice with your players. Campers will check in on Day 1 at 12:15pm and receive a jersey and name tag for their helmet. Parents are welcome to help kids get dressed in the locker rooms but not needed. We will have counselors in the locker rooms to help the kids get dressed. Below is a list of things kids should bring every day for camp.

What to bring:

- Water bottle
- Extra stick for off-ice stickhandling and shooting
- Sneakers for off ice
- Snacks for between ice sessions

*Gatorade will be provided for kids