



AMH ADVANCED HOCKEY CAMP **GUIDELINES FOR PLAYER BEHAVIOR**

**** Eat a good breakfast***

**** Arrive 30 minutes before off ice practice***

**** Always be ready at the start of your ice time. You have 30 minutes to prepare***

**** Be respectful to the coaches and your teammates***

**** Help the younger players, show leadership***

**** Always pay attention, be patient and discipline yourself to work hard***

**** Be positive and push yourself to your limit***

**** Camp jersey must be worn for all on ice activity***

***** Camp T-shirt/shorts and hat and water bottle are required gear for off-ice session***

"PUSH YOURSELF!" - Yan Kaminsky

