

WAHA 12U GIRLS DEVELOPMENT CAMP

FRIDAY June 20th, 2025 - Sunday June 22nd, 2025
PLAYERS Check in at UWEC TOWERS DORM UWEC KARLGAARD TOWER 642 University Dr, Eau Claire, WI 54701
PARENTS THEN DRIVE PLAYER & EQUIPMENT TO HOBBS ARENA 915 Menomonie St.
Team White; Red; Blue; Orange check in @ Dorms 1:15pm @ rink 2:15pm
Team Purple check in @ Dorms 1:30pm @ rink 2:45pm
Team Yellow; Grey, Green check in @ Dorms 1:45pm @ rink 3:00pm
Camp Contact - Robin Bilsborough: 414-550-8071

PLEASE ENSURE EQUIPMENT IS IN GOOD CONDITION AND IS FITTING PROPERLY
NO SKATE SHARPENING AVAILABLE

Dear Parents and Campers,

Welcome to WAHA's 12U Girls Development Camp. This camp is focused on developing young athlete's hockey skills, while growing their exposure to other female players across the State and future opportunities. The goal of the camp is to provide a challenging, educational, competitive, and fun experience.

Below is important information and a Q&A sheet. **Please discuss with your camper.** A sample of the daily schedule is attached at the bottom. Off ice sessions will include agility, balance, mobility, decision making and core strength training from a variety of games, drills, team building activities and a certified yoga instructor. Classroom will include nutrition, positional fundamentals, Female focused topics, and pathways for females in both playing and officiating.

Packing List

Toiletries & personal items Water bottle Work out clothes Proper tennis shoes Healthy Snacks - non-refrigerated - (ie:granola bars, meat sticks, applesauce)	Extra sets of under gear for equipment (multiple on-ice sessions per day) All hockey gear (jersey and socks will be provided) Two hockey sticks - off-ice and on-ice Notebook & Pencil - Put in with hockey equipment so you won't forget to bring to the rink
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Staff is still subject to change

- Ann Ninemann On Ice Director UW Stevens Point
- Anna VanHercke Goalie Coach - St. Mary's University
- Baylee Mirabella MSOE
- Kayla Chilstrom St. Catherine's University
- Rachael Graves WIAA Coach
- Emma Peterson UW Superior
- Zoe Sternberg WIAA Coach
- Lily Accola - Marian University
- Sam Bandholz - UW Eau Claire
- Kami McCardle - Concordia University
- Parker Beyer - Adrian University
- Hadley Malcomson - UW River Falls
- Charlotte Fetherston - Williams College
- Averie Martin - Hamline University
- Scout Stromberg - Concordia University
- Maddi DePuydt - University of Dubuque
- Makayla Spejcher - Concordia University
- Abby Sandler - Suffolk University
- Jordan Brady - Norwich University
- Sam Zenner - Onyx Yoga Studio

Camp Director Robin Bilsborough & Certified Nurse Tiffany Nelson - will be at the rink and dorms all weekend.

Camp Rules - Please go over with your daughter prior to camp

- Cell phones will be collected by the counselors and only used during free time
- Girls cannot leave the dorms or rink without a counselor
- No junk food, candy, or energy drinks allowed in dorms - Healthy snacks only
- NO Grubhub / Uber Eats / DoorDash - this is a Safety Issue **
- Respect and listen to coaches and counselors
- Shower daily after returning from the rink
- Lights out at 10:00pm

Camp Q&A

- Where will the girls be staying during the overnight camp?

UW Eau Claire Tower Dorms

- Do the dorms include linens? YES - (Sheets,

blanket, pillow and towels provided)

- Are the Dorms Air Conditioned? YES
- How much should I pack?

PACK SMART - You will need to be able to carry everything you pack when you get on the Bus Sunday morning. Remember, it's only two nights, and most of your time will be spent at the rink.

- What if my daughter takes medication?

All campers who require medication, please check in with the Camp Nurse in the Lobby of the Rink when dropping off your player

- Who will be watching the girls at the dorms?

Camp Director and counselors stay in the dorms and are available 24/7.

- What is the cell phone rule?

Girls will be allowed to use their cell phone during unscheduled time - face to face engagement is the goal! Counselors will collect at the rink for safe keeping and compliance.

- How will my daughter know her schedule?

The counselors will lead their groups to all scheduled events. They will share the daily schedule with their group and ensure everyone is where they need to be.

- Where will the girls eat?

The girls will eat breakfast and dinner at UWEC Dining Hall and lunch (sub sandwich & fruit) at the rink. Pack healthy snacks if needed.

- What if my daughter has food allergies?

The campus food services provide options for all dietary needs. Sub sandwiches can be tailored

- What will the girls be doing in the evenings?

Following dinner the girls will have recreation time and then free time prior to bed.

- Will my daughter need money for extra activities?

NO - If your daughter wishes to keep a small amount of change / bills for vending machines at the rink, this will be her own responsibility to maintain. The concessions stand will not be open

- How many girls per room?

The dorm rooms have 2 girls per room.

- Who will my daughter room with?

Every attempt was made to place girls with a requested roommate, but not all requests are able to be fulfilled

- Who will tell the girls to go to bed and wake up?

Our counselors will do room checks in the evening and wake up calls in the morning.

- How will the girls get to the rink and dorms during the camp

Transportation will be via school bus - team groups will travel according to their schedule

- When is check in and check out?

Check-in and check-out assigned per team - [see check in at top of this page](#)

Pick up on Sunday June 22nd at Hobb's Ice Center
Green, Blue, Grey, Red & White 2:15pm
Orange, Purple & Yellow - 2:30pm

Friday	Saturday	Sunday
Check in 1:15pm at dorm	7:30am Wake up	6:45am Wake up
Check in at rink 2:15pm	7:45am breakfast	7:00am breakfast
2:45-3:00pm warmup	8:15am bus	pack belongings
3:15pm on ice -skills	8:45-9:15am class	8:00am Bus
4:30 - 5:00pm team building	9:25-9:55am class	8:30-9:45am Game
5:15pm bus to Dorm	10-10:35am off-ice games	10am-10:30 off ice
5:30pm dinner	10:45-11:10am chalk talk skaters	10:45am - 11:15am agility games
Showers	11:30- 12:20pm F/D (G 11:30-12:05)	11:30am Lunch
7:30 Meeting in Lobby	10:40-11:20am Goalies	12:30 pm Stick Handeling F&D
7:45 Recreation	cool down	12:30-1:15pm On ice Goalies Studio
9:30pm In Rooms	12:30-1:10pm Lunch	1-1:30 F&D classroom
10pm Lights out	1:15-1:45pm agility games	1:45-2:15pm yoga session
	1:50-2:10pm stick handeling	PARENT PICK UP
	2:20- 2:50pm yoga	2:15 PM
	3:10-3:50pm game ice	
	4:00-4:35pm on ice Team	
	cool down	
	5:05-5:35pm class	
	5:45pm bus to dorm	
	6:00pm Dinner	
	Showers	
	7:45 Recreation	
	9:30pm In Rooms	
	10pm Lights out	