



Rocky Mountain Adventure Hockey Camp

A high altitude hockey camp with professional outdoor education in Steamboat Springs Colorado!

2011 Rocky Mountain Adventure Hockey Camp Participant Packet

GENERAL CAMP INFO:

RMAHC Contact Info:

Bryan Smith, Camp Director
640 11th Street Unit 108
Golden, CO. 80401
970.389.7211 - cell

Rink:

All on ice camp activities will take place at Howelsen Ice Arena in Steamboat Springs, CO (285 Howelsen Parkway Steamboat Springs, CO. 80487). Resident campers will be staying on the Colorado Mountain College Alpine Campus located at 1330 Bob Adams Drive, Steamboat Springs, CO. 80487. Please visit www.mapquest.com to find exact directions from your location.

Assigned Coaches:

We are pleased to announce that the following collegiate, junior, and RMHS year round coaches listed below will be directing the camp this year.

John Paris Jr. – Coach JPJ is a RMHS coaching legend and we are super excited for him to be a part of this year's RMAHC. Coach JPJ has coached in the NHL, AHL, IHL, and has been the GM of many different major junior teams in his career. JPJ has currently taken the U16 job with Team Rocky Mountain in Westminster, Colorado. This is one you do not want to miss!

Bryan Smith, President/Director of Operations, Rocky Mountain Hockey Schools

Having taken over operational duties of RMHS in 2004, Coach Smith has been responsible for the development of the RMAHC and the recruitment and staffing of some of the top US collegiate and Jr. A coaches for this program. Prior to joining RMHS, Coach Smith was a Head Instructor for top power skating camps across the country, Hockey Director for Summit Hockey, and the former Summit High School Head coach. A level IV Certified coach, Smith also coordinates and directs USA Hockey Coaching Education Program certification classes and serves as an on-ice evaluator at the USA Hockey Player Development Camps at the state and district levels. Coach Smith is currently the assistant for the Team Rocky Mountain U16 AAA team and the assistant coach for the Arvada Bantam AA team in the CCYHL.

Aaron Kinslow - RMHS Goaltending Lead Instructor – RMHS is excited to partner up with Coach Kinslow this summer. Coach Kinslow brings a ton of experience to our program this year. Coach Kinslow has coached in the best junior hockey leagues in the country. He currently is a scout for teams in the USHL and the NAHL. He is also the director of the Tier 1 AAA program the Northwest Regulators in Salt Lake City, UT. In his down time he is the founder, general manager, and assistant coach of the new Park City Moose junior A team in Park City, UT. Aaron will also be heading the new goaltending camp in Park City, UT for RMHS.

Alex Weisenburger – Coach AI will be a new addition to the RMAHC camp this summer. This will be his second year with RMHS. Coach AI has coached D1 College Club hockey with several programs around the country. He is currently the assistant coach for the Mt. Pleasant High School team in Michigan. Coach AI has several years as a private instructor and working and managing hockey camps around the country

Tony Swedburg – Coach Tony is in his second year with RMHS and his first year the RMAHC. Coach Tony brings years of coaching background to our program. He was one of the pioneers in the major growth and development in the Gunnison hockey community. Coach Tony is a Level V USA hockey masters coach.

Lewie Kellen - Coach Lewie has been coaching hockey for over 10 years with different hockey camps all over the world. Coach Lewie will be back for his 5th year as a lead instructor with RMHS. Coach Lewie grew up in Minnesota playing AAA hockey and high school hockey and finished his hockey career playing for The University of Stout.

Josh Verillo – Josh will be coordinating our dorms this year and all of the shuttle transportation to and from the dorms and ice rinks as well as the adventure activities. Josh grew up in a small town nestled in Northern Idaho, called McCall. He went to Notre Dame and played varsity hockey and on to a 4 year Junior career and is currently wait to sign a contract with a division 3 NCAA college for hockey. We are very excited to have coach Josh on staff this summer.

2011 Off Ice Outdoor Education Staff

The RMAHC prides our program in offering our students with continuous education. All of our outdoor activities are staffed by trained professionals. The students will receive a the ultimate weeklong educational experience both on and off-ice. The rock climbing will be guided by **Ken Shoemaker** the owner of [Rocky Mountain Ventures](#) Rocky Mountain Ventures is a USFS permitted outfitter in the Steamboat area for rock climbing, and has been for over 15 years. I have personally been guiding with them for about 9 years, guiding hundreds of clients. I have climbing experience in CO, UT, CA, KY, as well as in Switzerland, France, and Thailand. All guides are required to be First Aid/CPR certified, and some have additional certifications such as, Wilderness First Responder, and EMT. We have much experience with kids, as we have been running the climbing programs for Vista Verde and Home Ranch (Dude Ranches) for many years, as well as our own kid programs. Kayaking will be led by **Pete Vandagar** who has been involved in kayaking for several years and kayaking in the biggest water all over the world and now owns [Backdoor Sports](#) a successful kayaking, hockey, and mountaineering shop in Steamboat Springs. The Mountain Biking Segment will be lead by **Steve Williams** who owns the [Tail wind Tours](#). Steve has been a mountain bike guide for over 15 years all over the world. Tailwind Tours was first years adding to our outdoor education part of the trip last year and was well received by the RMAHC staff and students. They are also licensed and insured to take our group on any of the trails systems within the Steamboat Springs recreational area. Take advantage of this professionally guided outdoor education staff and you are certain to become The Ultimate Athlete.

Camp Set-Up:

The camp will consist of 2 groups based on age. Each group will have two teams, divided by color that will train together each day. Each group will participate in 3.5 hours of ice time, a 90-minute dryland session working on quick feet, plyometrics, stickhandling, shooting & more. A 30-minute daily hockey chalk talk discussing topics on proper nutrition, higher avenues of hockey, sports psychology, and continued off-season development. On Saturday, the two teams within each age group will participate in a 75-minute scrimmage.

Daily & Week Schedule:

Sunday July 3rd, 2011 –

Pick Ups at airports

1:30-3:30pm Check in for everyone at the Howelsen Ice Arena

3:30pm Meet the Staff – All staff will be introduced in bleachers with an overview of the week

4:00pm Dorm Check In

5:00-6:00pm On ice Evaluation Skate – All ages

6:00pm Dinner at CMC Day Campers & Resident Campers

Monday July 4th:

Group #1 & #2: All Ages

Breakfast - 7:00 am

On-Ice - 8:00-9:15 am

Lunch - 12:30 pm

ODE Activities - 1:00-5:00 pm

(4th of July Parade & Hike)

Cook out – 4:30pm at Howelsen Ice Arena

Specialty Ice - 6:00 – 7:00 pm All Ages

Tuesday July 5th:

Group #1: Squirt/Peewee

Breakfast - 7:00 am

On-Ice - 8:00-9:15 am

Dryland - 9:30-10:30 am

On-Ice - 11:00-12:15 pm

12:30 – 1:00pm - Chalk Talk/Video

Lunch - 12:15 pm

ODE Activities - 1:00-5:00 pm

(Alpine Slide & Hot Springs)

Dinner - 5:00pm

Specialty Ice - 6:00 – 7:00 pm Group 1

Group #2: Bantan/Midget

Breakfast 7:00 am

Dryland - 8:00-9:00 am

On-Ice - 9:30-10:45 am

Chalk Talk/Video - 11:00-11:45 am

Lunch - 11:45 am

On-Ice - 12:30-1:45 pm

(Alpine Slide & Hot Springs)

ODE Activities - 2:15-6:15 pm

Dinner - 6:30 pm

Specialty Ice - 7:15 – 8:15 pm Group 2

Wednesday July 6th:

Group #1: Squirt/Peewee

Breakfast - 7:00 am

On-Ice - 8:00-9:15 am

Dryland - 9:30-10:30 am

On-Ice - 11:00-12:15 pm

12:30 – 1:00pm - Chalk Talk/Video

Lunch - 12:15 pm

ODE Activities - 1:00-5:00 pm

(Kayaking or Rafting)

Dinner - 5:00pm

Specialty Ice - 6:00 – 7:00 pm Group 1

Group #2: Bantam & Midget

Breakfast 7:00 am

Dryland - 8:00-9:00 am

On-Ice - 9:30-10:45 am

Chalk Talk/Video - 11:00-11:45 am

Lunch - 11:45 am

On-Ice - 12:30-1:45 pm

(Kayaking or Rafting)

ODE Activities - 2:15-6:15 pm

Dinner - 6:30 pm

Specialty Ice - 7:15 – 8:15 pm Group 2

Thursday July 7th:

Group #1: Squirt/Peewee

Breakfast - 7:00 am

On-Ice - 8:00-9:15 am

Dryland - 9:30-10:30 am

On-Ice - 11:00-12:15 pm

12:30 – 1:00pm - Chalk Talk/Video

Lunch - 12:15 pm

ODE Activities - 1:00-5:00 pm

(Mountain Biking)

Dinner - 5:00pm

Specialty Ice - 6:00 – 7:00 pm Group 1

Group #2: Bantam & Midget

Breakfast 7:00 am

Dryland - 8:00-9:00 am

On-Ice - 9:30-10:45 am

Chalk Talk/Video - 11:00-11:45 am

Lunch - 11:45 am

On-Ice - 12:30-1:45 pm

(Rock Climbing)

ODE Activities - 2:15-6:15 pm

Dinner - 6:30 pm

Specialty Ice - 7:15 – 8:15 pm Group 2

Friday July 8th:

Group #1: Squirt/Peewee

Breakfast - 7:00 am

On-Ice - 8:00-9:15 am

Dryland - 9:30-10:30 am

On-Ice - 11:00-12:15 pm

12:30 – 1:00pm - Chalk Talk/Video

Lunch - 12:15 pm

ODE Activities - 1:00-5:00 pm

(Rock Climbing)

Dinner - 5:00pm

Specialty Ice - 6:00 – 7:00 pm Group 1

Group #2: Bantam & Midget

Breakfast 7:00 am

Dryland - 8:00-9:00 am

On-Ice - 9:30-10:45 am

Chalk Talk/Video - 11:00-11:45 am

Lunch - 11:45 am

On-Ice - 12:30-1:45 pm

(Mountain Biking)

ODE Activities - 2:15-6:15 pm

Dinner - 6:30 pm

Specialty Ice - 7:15 – 8:15 pm Group 2

Saturday July 9th:
Group #1 & #2:
Breakfast – 7:00am
Resident Kids Check out of CMC
Group #1 – Game @ 9:00am
Closing Ceremonies 10:30 – 10:45am
Check out - 11:00am
Group #2 – Game @ 10:30am
Closing Ceremonies 11:45
Check out 12:15pm

Consent To Treat Form:

You will need to print out the RMAHC Health Form/Consent to Treat as well as all the waivers below the RMAHC logo on the directed web page in the original email. This form gives the RMAHC, or any of its staff permission to treat your son, and/or take them for proper medical care should the situation arises.

IN ADDITION, along with the RMAHC Health Form, you will also find waiver forms for the Backdoor Sports Kayaking Tour, the Rocky Mountain Ventures Rock Climbing event, and for the Steamboat Springs Winter Sports Club Alpine Slide, as well as the Tail Wind Tours waiver. We apologize in advance for the inconvenience created by all these forms, but we have been asked by our outdoor sports partners to provide these for each of our campers. Thanks for your patience and assistance in this matter.

RMAHC Code Of Conduct:

The camp is a high intensity hockey camp with 4 hours of outdoor education per day and 5 hours of hockey training per day. It will be directed by Outdoor Education Professionals and Collegiate hockey coaches. As is the nature of these pursuits, a players' complete attention, focus and commitment is expected at each event. The outdoor professionals and RMAHC staff are here to work with and develop these young athletes and will expect their full commitment, effort, and focus at each event. It is expected and understood that the young players that have registered for this program are serious about their hockey and serious about learning from the professional outdoor athletes we have arranged to work with them. If for any reason, we feel a player is a detriment to themselves, other campers, or the integrity of the camp in any way, the camper may be expelled from the camp and will not receive a refund.

RESIDENT CAMPER INFO:

Travel Information:

The three airports available to RMAHC participants are as follows:

- Denver International Airport (DIA), approx 3 hours
- Eagle County Airport, approx 90-105 minutes
- Hayden Airport in Steamboat Springs, 20 minutes

When booking arrivals and departures, please allow enough time for players to be transported from the chosen airport to the camp in time for check-in Sunday afternoon, June 29th, from 1:30 – 3:30 pm.

Airport Pick-Up & Drop-Off:

RMHShockey.com

877.848.RMHS

Airport pick-up and/or drop-off can be arranged for any camper in need of transportation for the corresponding one-way fee.

- Denver International Airport - \$50
- Eagle County Airport - \$50
- Hayden Airport in Steamboat Springs - \$25

To arrange an airport pick-up and/or drop off, please email complete flight information, including airline, arrival time, flight numbers, and departure city of final leg of flight, to Bryan@RMHShockey.com. Players will need to proceed to main terminal where an RMAHC staff member clad in a blue CCM staff polo shirt will meet them at their assigned baggage claim. Payment for this service must be made prior to arrival at camp. Please send a check for this service under separate cover to our offices at the address listed above.

Dorm Check-In:

Check-in takes place from 1:30-3:30 pm at Howelsen Arena where players will be able to drop off their hockey bags in their assigned locker room for the week. Upon check-in, campers will proceed from Howelsen Arena to the Colorado Mountain College campus *during their designated times above* where they will proceed to the dorm front desk where they will receive their room assignments, room keys and facility walk-thru. Please note that CMC charges a \$125 fee for all lost keys. These fees will be the responsibility of the individual campers.

You will be allowed to turn in your completed RMAHC Health/Waiver Form and Consent to Treat Form when you check-in at Howelsen Arena if you haven't already mailed it to our offices. You will not be allowed to participate in your first activity without them. See above on how to download these forms.

If your player has a rooming preference, please indicate that to us via email or phone. We will do our best to administer all requests. The RMAHC does reserve the right to split up roommates, or change rooms for any reason we see fit.

What to bring: Resident Campers & Day Campers

CMC will provide: Bedspread, soap, and shampoo. Campers must bring pillows and pillow cases. All campers are responsible for their own personal bedding items such as sheets, blankets, (sleeping bag works great) towels, and a personal alarm clock. (the mountain temperatures cool down every night so sleeping is easy) You will also need personal items and toiletries, backpack for hiking, sunglasses, sunscreen, bug spray, shorts, athletic shoes, plenty of t-shirts and athletic socks, **wool sweater or under armor type of shirt for Kayaking and Rafting**, cool weather clothes, hiking boots or shoes, swimsuits, rain jacket, and all hockey gear, including tape, extra socks, sticks (**on and off ice dryland stick**), and all other hockey equipment. Campers who wish to bring their personal Mountain Bikes for the Mountain biking may do so but you must have a bike lock for security reasons. Bikes will be stored at Howelsen Arena. However, mountain bikes & helmets will be provided for all participants. Should a need arise, and a vital piece of equipment is needed, a trip to the local pro shop can be arranged. Weather this time of year ranges anywhere from 100 degrees during the day, to 45 degrees at night.

Emergency Contact Numbers:

24/7 contact number for Camp Director, Bryan Smith: 970.389.7211 you can also call coach Josh Verillo at 208.315.1584

The number listed above is my cell phone which I will have with me at all times. If I do not pick up immediately, please leave a message, as I will be at the rink and with the players all day. I will return your call.

Staff Supervision:

Camp participants will be supervised at all times 24/7 by RMAHC coaches and staff. This includes all rink activities, meals, transportation, and housing.

Resident Camper Policies & Rules:

1. ABSOLUTELY No alcohol, smoking, or non-family visitors allowed at any times.
2. Food, soda, and snacks are allowed in the dorms. The dorm has a community fridge and microwave.
3. Any damage to rooms will be the responsibility of the assigned campers.
4. Players may only return to the dorms with approval from the RMAHC Camp Director Bryan Smith.
6. Players will rise at the stated am wake up time and head directly for breakfast. Players will NOT be allowed to sleep in and miss any meals and/or camp sessions.
7. Players will be on time for all camp activities.

Violation of these rules will result in immediate expulsion from camp, and transportation home will be the responsibility of the camper. No refund will be given for these transgressions.

Meals:

Three meals per day will be provided on campus at the university cafeterias. All players and coaches will eat together.

DAY CAMPER INFO:**Sunday Check-In:**

Please check-in the Howelsen Ice Arena Sunday Night for the scheduled evaluation skate, camp jerseys, and to complete all necessary paperwork. Each skater will be required to turn in a completed RMAHC Health/Waiver Form/Consent to Treat Form, and all second party waivers as well, at this time. No player will be allowed to participate in any activities without them.

Player Evaluation & Team Assignment Skate:

Group 1 & 2, All Ages: 1:30-3:30pm check-in (on-ice 5:00-6:00pm)

Meals:

All day campers will be provided lunches and dinners at the university cafeteria. All day campers will eat lunches and dinners with the rest of the resident campers and staff. Campers that are just taking advantage of our on ice program will not be provided with lunch. However, if you are interested you can get involved in our lunch program which is catered by Colorado Mountain College. We will be charging \$60 for Monday through Friday. Please email me at Bryan.Smith@RMHShockey.com if you are interested in this program right away.

Most of this information, including the forms, can be found on our website at www.RMHShockey.com. Feel free to visit our website throughout the summer for updated information, staff schedule confirmations, and all attached forms in downloadable format.

If you ever have any questions, please feel free to call me at any time. I would be more than happy to speak with you. See you in a couple of weeks!

Bryan Smith
Director of Hockey Operations
Rocky Mountain Hockey Schools
Rocky Mountain Adventure Hockey Camp
970.389.7211 - cell