



2018 Camp Participant Packet

JULY 1st – JULY 7th
Howelsen Ice Arena, Steamboat Springs, CO



RMHShockey.com



970.409.2113

2018 Rocky Mountain Adventure Resident Hockey Camp Participant Packet

GENERAL CAMP INFO:

RMAHC Contact Info:

Bryan Smith, Camp Director
Bryan.Smith@RMHShockey.com
970.389.7211 - cell

Bryan Smith, RMHS Dorm Staff
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, Tier I, High School, and RMHS year round coaches listed below will be directing the camp this year.

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. coaches for this program. Coach Smith is the current Director of Hockey Operations & Player Development for the Colorado Select Girls Association. Coach Smith is also a former regional scout for the Vancouver Giants, Kamloop Blazers, & Victoria Royals of the WHL and

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the Brookings Blizzard of the NAHL. Coach Smith coached at the Tier I level as a head and assistant coach for 6 years. 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.

Jesse Davis - Coach Jesse brings a wealth of experience to the RMHS Staff. Coach Jess grew up in Michigan playing his youth hockey and then moving on to Junior and Pro Hockey as a player. After his playing career Coach Jesse moved onto coaching. He is the founder of Smart Hockey camps and has ran his and several other national hockey camps for the past 20 years. He has coached at the junior and Tier I level all over the country. Coach Jesse coached for the Fargo Force in the USHL as an assistant coach and is now the current head coach and GM for Hudson Havoc in the USPHL.

Sady Tobin - Sady Tobin, former Division 1 soccer player at the University of Maine, graduated in 2012 with her BS in Exercise Science and a minor in Business Administration. Growing up in upstate New York as an outdoors girl, she knew she needed to challenge herself even more so she attended two years at the Loomis Chaffee School in CT and played competitive soccer for the Oakwood Soccer Club as well as continued to play hockey. Challenging herself in the new environment was the beginning of many great paths to come. With extensive academics and tough competition Loomis Chaffee lead her to four years at the University of Maine. Upon completing college, Sady started working immediately as a Sports Performance trainer in Kingston, MA and fell in love with helping change and shape young athletes lives. Sady will be the head off-ice trainer for the RMAHC in 2018!



Brent Bohn

Coach Brent is back with the RMHS staff in his 5th year. Coach Brent has been an instrumental piece to helping with the recruitment of the Swiss Tour that RMHS has hosted for the past several years. Coach Brent is the current Junior Varsity head coach for Valor Christian Academy and an assistant for the Varsity program. Coach Brent has traveled the world working and mentoring youth groups in many different atmospheres. Before transitioning his passion to coaching hockey, Coach Brent played professional soccer. Coach Brent holds many certifications in strength and conditioning and will be a great addition to both the older and younger groups this year both on and off ice!

Jaxson Gosnell

Coach Jaxson will be our head goaltending coach this year! We are super excited to have Coach Jaxson on our staff! Coach Jaxson played his youth hockey in Phoenix finishing off playing Tier I and moving onto a college hockey career with Northern Arizona University. Coach Jaxson is the head goaltending coach with the Flagstaff Youth Hockey Association and we are excited to have him joining the RMHS staff this summer!

Jenna Abeyta

Coach Jenna has joined us this year and has been a great asset both on and off the ice. Coach Jenna has been coaching for the past two years in RMHS clinics and helping as an assistant in teaching private lessons. Coach Jenna has been playing Tier I Women's hockey out east and will be finishing her final year with Team Colorado. Coach Jenna is hoping to secure a Division I spot for the 2019-2020 season!

Cisco

Coach Cisco is a Steamboat local and has been a student of our camps for over 10 years. Cisco played for the Steamboat High School team before moving out east to play prep school hockey. Cisco will be working with the Squirt/Pee wee group as a mentor.



2018 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 **Patrick Meyer** 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 will be guided by RMHS staff member Geoff & Gini Dell. Both Geoff and Gini have over 15 years of mountain biking experience and will be sure to make this adventure a great one for all of the students involved. Geoff is currently the CCM National Sales Manager and formerly owned his own bike shop. 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 60-minute dryland session working on quick feet, plyometrics, stickhandling, shooting & more. A 30-minute daily hockey chalk talk and team building 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

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DAILY & WEEKLY SCHEDULE

Sunday July 1st

Resident Campers

Check-In at Rink - 1:00-1:30pm

Check-in at Steamboat Resorts - 1:45pm

Group #1 - Squirt/Pewee

Check-In at Rink 1:30-2:15pm

Group #2 - Bantam/Midget

Check-in at Rink 2:15-3:00pm

Staff Intro at Rink - 3:15pm

Group #1 Eval Skate

3:30-4:30pm

Group #2 Eval Skate

4:45-5:45pm

Monday July 2nd

Group #1 - Squirt/Pewee

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

Dryland - 9:30-10:30am

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

Lunch & Chalk Talk - 12:30-1:00pm

Adventure Campers Outdoor Activities - Kayaking - 1:00-5:00pm

Dinner for Adventure Campers - 5:00pm

Specialty Ice - 6:00-7:00pm

Group #2 Bantam/Midget

Dryland Training - 8:00-9:00am

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

Chalk Talk - 11:00-11:45am

Lunch - 11:45

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

Adventure Campers Outdoor Activity - Mountain Biking - 2:15-6:15pm

Dinner for Adventure Campers - 6:15pm

Specialty Ice - 7:00-8:00pm

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Tuesday July 3rd

Group #1 - Squirt/Pewee

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

Dryland - 9:30-10:30am

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

Lunch & Chalk Talk - 12:30-1:00pm

Adventure Campers Outdoor Activity - Rock Climbing- 1:00-5:00pm

Dinner for Adventure Campers - 5:00pm

Specialty Ice - Hockey Wolf Cup Game - 6:00-7:00pm

Group #2 Bantam/Midget

Dryland Training - 8:00-9:00am

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

Chalk Talk - 11:00-11:45am

Lunch - 11:45

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

Adventure Campers Outdoor Activity -Kayaking - 2:00-6:00pm

Dinner for Adventure Campers - 6:15pm

Specialty Ice - Hockey Wolf Cup Game - 7:00-8:00pm

Wednesday July 4th

Group #1 & #2

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

Parade - 10-11:00am

Adventure Campers - Lunch & Hike - 11:30am-2:30pm

On-Ice - 3:00-4:00pm

4th of July BBQ - 4:30pm - Families Welcome!



Thursday July 5th

Group #1 - Squirt/Peewee

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

Dryland - 9:30-10:30am

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

Lunch & Chalk Talk - 12:30-1:00pm

Adventure Campers Outdoor Activity - Mountain Biking - 1:00-5:00pm

Dinner for Adventure Campers - 5:00pm

Specialty Ice - Hockey Wolf Cup Game - 6:00-7:00pm

Group #2 Bantam/Midget

Dryland Training - 8:00-9:00am

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

Chalk Talk - 11:00-11:45am

Lunch - 11:45

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

Adventure Campers Outdoor Activity - Rock Climbing - 2:00-6:00pm

Dinner for Adventure Campers - 6:15pm

Specialty Ice - Hockey Wolf Cup Game - 7:00-8:00pm

Friday July 6th

Group #1 - Squirt/Peewee

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

Dryland - 9:30-10:30am

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

Lunch & Chalk Talk - 12:30-1:00pm

Adventure Campers Outdoor Activity - Hot Springs/ Apline Slide -
1:00-5:00pm

Dinner for Adventure Campers - 5:00pm

Specialty Ice - 6:00-7:00pm

Group #2 Bantam/Midget

Dryland Training - 8:00-9:00am

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

Chalk Talk - 11:00-11:45am

Lunch - 11:45

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

Adventure Campers Outdoor Activity - Hot Springs/Alpine Slide -
2:00-6:00pm

Dinner for Adventure Campers - 6:15pm

Specialty Ice - 7:00-8:00pm



Saturday July 7th

Group #1 - Squirt/Peewee

Breakfast - 7:00am (Resident Campers)
Hockey Wolf Final Cup Game - 8:00am
Closing Ceremonies - 9:30am
Resident Campers Check out - 10:00am

Group #2 Bantam/Midget

Breakfast - 7:00am (Resident Campers)
Resident Campers Check out - 8:00am
Hockey Wolf Cup Final Game - 9:30am
Closing Ceremonies - 11:00am

Consent To Treat Form:

You will need to print out the RMAHC Health Form/Consent to Treat as well as all the waivers attached in this email. Consent To Treat 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 arise.

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 the Steamboat Springs Winter Sports Club Alpine Slide. 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.

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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, July 1st from 12-2:00pm. The players that are flying back please schedule a flight back on Saturday July 7th after 5pm.

Airport Pick-Up & Drop-Off:

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 - \$75
- Eagle County Airport - \$50
- Hayden Airport in Steamboat Springs - \$25

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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.Smith@RMHShockey.com.

Players will need to proceed to main terminal where an RMAHC staff member in a black 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.

Condo Check-In:

Check-in takes place at 1:00-1:30pm 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 Eagle Ridge Lodge & Townhomes. They will meet our staff at the address below. Parents are welcome to escort the players to the location or the players will be escorted by a RMHS staff member in the RMHS shuttle van from the Howelsen Ice Arena. *During their designated times above* where they will proceed to the condo where they will receive their room assignments, room keys and a facility walk-thru.

The players will all be staying in luxury this year to say the least! The breakfast and lunches will be catered by Freshies restaurant this year who is a local restaurant who uses all fresh and organic food. The dinners will be cooked at the ice rink this year offering variety of BBQ daily, pizza, and other yummy food options!

Check-in Location:

EagleRidge Lodge & Townhomes
1463 Flat Top Circle
Steamboat Springs, CO 80487

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.

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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. If the players are planning on horse back riding we suggest a pair of jeans and medium weight boots or tennis shoes can work. Should a need arise, and a vital piece of equipment is needed the ice arena has all of the major equipment needs and also do a great job sharpening skates.. 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 Sady at

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, or call another coach. I will be at the rink and with the players all day

Staff Supervision:

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

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transportation, and housing.

Resident Camper Policies & Rules:

1. ABSOLUTELY No alcohol, smoking, or non-family visitors allowed at any times.
2. Food, drinks, 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.

Meals:

This year the meals will be provided by the RMHS Staff for dinner at the rink. The meals will include different BBQ items, pizza, sides, fruit, and Beverages. The lunches and most of the breakfast will be provided



by Freshies Restaurants which is a local establishment known for their fresh and organic meals! We will be charging \$75 for Monday through Friday for lunches if you are interested. 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

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