

GIRLS 11 – 13 CAMP
HOSTED BY THE MID-AM DISTRICT
JUNE 27 – JULY 2, 2021
BOWLING GREEN STATE UNIVERSITY

Overview: The Girls 11-13 camp is made up of players who were born in 2008, 2009 & 2010. This coming summer is the 17th year that the camp has been held in the Mid Am District. The purpose of the camp is to provide a developmental experience for the players while giving them a chance to compete and develop friendships with other players in the Mid Am District and other Districts in USA Hockey. The players are placed onto four teams and will remain with that team throughout the week. The following information will help answer questions about the camp.

Goaltenders: There will be up to 8 goalies for this camp. There will be two goalies assigned to each team. Each day there will be an hour of specialized training for the goalies. This will be in addition to the three daily ice sessions. Goaltending staff from around the country will be working the camp.

Process: Each District has their own process for selecting girls for this camp. It can either be done as a tryout or a nomination process.

Location: Bowling Green State University which is in Northwest Ohio and is about 20 minutes south of Toledo. The Detroit airport is one hour to the north. The camp will be held at the Slater Family Ice Arena which seats 4,600 people and is home to the BGSU Falcons

Locker Rooms: Each team will be assigned a locker room and will keep their equipment in that room for the week.

Medical, Hold Harmless and Climbing Wall Forms: During the online registration process, all medical and hold harmless forms will be filled out.

Supervision of Players and Staff: Players are under supervision at all times both on and off the ice. They are never allowed to be on their own. Each team is assigned a head coach, two assistant coaches, a counselor and an evening counselor. In addition to the assigned team staff, we also have a trainer, dorm director and off- ice trainer.

Accommodations: The players and staff of each team will be housed in modern dormitories within a 5 minute walk of the Ice Arena. The dorm is air-conditioned and has several lounges for the players to relax in. The players are assigned a roommate randomly unless there is a medical or other valid reason. These situations need to be communicated to Bill Switaj in advance of the camp.

Players are to bring their own bed linens, pillows, blankets, towels etc. A sleeping bag is recommended.

Meals: All meals will be eaten on the campus and most will be served at the KSU Ice Arena. If anyone has dietary restrictions, accommodations can be made on a case by case basis.

Recreation and Activities: Teams will have access to Student Recreation and Wellness Center as well the Fieldhouse.

On Ice Overview: There will be two to three ice sessions per day. At each session there will be up to 40 skaters and 4 goalies. Most sessions/practices will be small group teaching utilizing small areas of the ice. This allows for more individual instruction with higher repetitions and greater intensity.

Each day, during one of the sessions, we will break the players down by position (forwards, defense and goalies). This allows for each player to work on position specific drills.

Evaluations: Towards the end of camp, each player will have a face to face meeting with their coach to go over their strengths and weaknesses. The purpose of this meeting is to have a discussion with the player to make sure they understand what is being said and to ask them for comments. In addition to the verbal evaluation, there will also be a written one.

There is no ranking of the players at camp or list that is submitted to anyone at the conclusion of the camp.

Daily Schedule: Below is a sample daily schedule. The 2021 schedule will be similar. It will be finalized in late May once the meal times and Rec Center times are finalized.

Schedule A

7:15am	Wake up
7:30 – 8:00am	Breakfast
8:30 – 9:45am	Ice Time
10:00 – 11:00am	Lecture/Dryland
11:30 – 12:30pm	Ice Time
1:00 – 1:30pm	Lunch
1:30 – 2:30pm	Activity
3:00 – 4:15pm	Ice Time
4:30 – 6:00pm	Rec Center
4:30 – 6:00pm	Fieldhouse
6:00 – 6:30pm	Dinner
7:00 – 8:30pm	Activity

Schedule B

7:45am	Wake up
8:00 – 8:30am	Breakfast
8:30 – 9:30am	Lecture/Dryland
10:00 – 11:15am	Ice Time
11:30 – 12:15pm	Lunch
1:15pm – 2:15pm	Ice Time
2:30 – 3:30pm	Activity
4:30 – 5:45pm	Ice Time
6:15 – 6:45pm	Dinner
7:00 – 8:30pm	Rec Center

Cost of Camp: \$670 (room, board, ice time, jersey, t shirt etc...)

Additional Questions and Information:

After accepting the invitation to attend the camp by mid-May, instructions will be emailed to each participant containing registration instructions and information on the camp such as check in times, what to bring, check out, forms etc....

For additional information, please contact Bill Switaj who is the Mid Am Coach-in-Chief and who oversees the camp wswitaj@kent.edu or 330-671-5775 (cell)