

 BECOMERS HOCKEY PROGRAM

AUGUST 11 – 16, 2019

* Camera (marked with your name)
* Spending money for tuck (card $20**/**25), hat, shirt, etc.
* ***ABSOLUTELY NO ELECTRONIC DEVICES!***, ipods/ipads, *cell or smart phones*, laptops, computer games, etc.
* **NO** tobacco/cannabis, intoxicating beverages, illegal drugs
* **No** skateboards, knives, gum, matches

HOCKEY PROGRAM

* Own water bottle
* Extra sticks for off-ice training (shooting, ball hockey)
* Own tape
* Full equipment (**neck** and **mouth** guards are mandatory)
* Good attitude

WHAT TO BRING

* Hat, sunscreen, bug repellent, lip balm
* Towel, washcloth
* Soap, shampoo, comb/brush, toothbrush, toothpaste, etc.
* Pillow, sleeping bag or blankets & bed sheet
* Pyjamas
* One-piece bathing suit, towel
* Warm clothing (jacket/sweatshirt)
* Raincoat
* Shorts, t-shirts for activities
* Extra pants (long pants/capris are requested at meals/Chapel - at least 4 pairs)
* Sportswear, sportsgear (baseball glove, lacrosse/hockey stick, etc.)
* BOOTS FOR RIDING (min. ½ inch heel, noplatforms) and long pants
* Additional footwear i.e., athletic shoes, sandals, flip flops

*Quotes*

* **Everybody has the will to win, very few have the will to work to win. (Unknown)**
* **Practice without improvement is meaningless. (Chuck Knox, NFL Football Coach)**
* **If you’re not competitive don’t compete. (Jack Welch, General Electric)**
* **Push yourself. You have to play a little tired. (Don Cherry, NHL Hockey Coach)**
* **On Perspective - Once the game is over, the king and the pawn go back in the same box. (Unknown)**
* **Be a Becomer. Be coachable. Proper preparation promotes a professional performance. Seize the moment –**

 **the game. (BRC)**

*NOTES:*

Privacy Policy: Guests can be assured that the information they provide for reservation and registration will be kept private and used solely for the purpose of their stay at Rocky Ridge Ranch.

(For complete policy please visit our website.)

RETURN ADDRESS – ROCKY RIDGE RANCH 10486 5TH LINE NASSAGAWEYA

R.R.#2 ROCKWOOD ON N0B 2K0

 PHONE (905)854-2584 FAX/PHONE (905)854-0964

 E-MAIL info@rockyridgeranch.org WEBSITE www.rockyridgeranch.org