Oklahoma City, OK – Dynamic Skills and Game Concepts
July 9-13, 2012
Rink: Arctic Edge Ice Arena

Please find below the necessary information for your child's camp:

Monday Morning Arrival:	8:15 AM
Tuesday-Friday Arrival:	8:30 AM
Daily Pick Up Time:	4:00 PM
Daily Ice Sessions:	9:00 – 11:00 AM 1:00 – 3:00 PM
Northern Edge Cup Game:	Friday 1:00PM

What Your Child Needs To Bring: Full USA Hockey Approved gear, water bottle, shorts, t-shirts, running shoes.

Lunch: Lunch is available at the rink. Please see the information provided with this schedule. NOTE DISCOUNT FOR ORDERING MEALS AT LEAST 1 WEEK PRIOR TO CAMP START DATE.

Detailed Daily Schedule:

Drop Off:	8:30 AM
Locker Room/Dress:	8:30 AM
On-Ice:	9:00 AM
Locker Room/Undress:	11:00 AM
Agility & Skills Training:	11:15 AM
Lunch:	12:00 PM
Locker Room/Dress:	12:30 PM
On-Ice:	1:00 PM
Locker Room/Undress:	3:00 PM
Plyometrics/ Video Session:	3:15 PM
Pick-Up:	4:00 PM

The Northern Edge Cup Game will be played at 1:00PM on Friday, July 13, 2012. Please note this time so that you don't miss out on an exciting conclusion to the Northern Edge week in Oklahoma City!

Many thanks to our local sponsors for support our programs!

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OKLAHOMA CITY, OK

2012 Complete Player Lunch Program Oklahoma City

Location: Artic Edge Ice Arena
Oklahoma City, Ok

The lunch plan for the Northern Edge Complete Player Hockey Camp will be offered at the Oklahoma City Complete Player Camp. Below is the Menu for the week of July 9 -13, 2012.

____ **Monday –**3 slices of Pizza (cheese or peperoni), Fruit Cup, Cookies and Gatorade

____ **Tuesday** – Sub sandwich (ham or turkey), Chips, Pudding and Gatorade

____ **Wednesday** – Chick-Fil-A sandwich, French Fries, Ice Cream Sandwich and Gatorade

____ **Thursday** – Hot Dog or Brat, Chips, Muffin and Gatorade

____ **Friday** – Spaghetti w/ Meat Sauce, Salad, Cupcake, and Gatorade

The cost for the plan is $8 per day. Please check the individual days the camper will be purchasing a meal and the choices given on those days. Also, please list any special dietary concerns that may need to be addressed on the lines below.

- Please note that ALL lunch orders MUST be turned in 1 week prior to camps starting. LATE or SAME DAY lunch orders will be $10.00 per day. SEND ORDER TO PAT YOUNG AT pyou@sbcglobal.net.
- Families can pay the first day of camp, BUT as stated above, ALL orders MUST be in 1 week prior.

Camper: _____

Phone Number:_____

Type of Payment: Cash Check*

*Please make checks payable to the Arctic Edge Ice Arena