



VHG Fogo Spring Camp 2026 Activity Schedule

****** All activities at Iceberg Arena; All age divisions will be in the same group, but will be sub-divided on the ice according to age. Players will practice with players in their own age category ******

Friday, March 27th

330 pm – – – Check-In (Receive jersey, name tag and helmet sticker)

4-450 pm – – – On-Ice

5-535 pm – – – Off-Ice (Warm Room)

6-650 pm – – – On-Ice

Saturday, March 28th

10-1050 am – – – On-Ice

11-1135 am – – – Off-Ice (Warm Room)

****lunch on your own****

130-220 pm – – – On-Ice

230-320 pm – – – On-Ice

Sunday, March 29th

10-1050 am – – – On-Ice

11-1150 am – – – On-Ice

Noon-12:30 pm – – – Camp wrap-up (Warm Room)

Guidelines/Tips

****Note - since this camp has both on ice and off ice activities. Campers are required to bring the following.****

- A backup stick (We wouldn't recommended using your game stick in the off-ice portion of the camp)

- Active wear (This includes running shoes - Crocs or sandals are not appropriate when completing off-ice activities)

- Snacks/Water

- Hockey Gear (check hockey bag before attending each day)

- Change of clothes (optional)

**** Please refrain from bringing nuts and nut butters to camp - we may have some players with allergies so we would rather be safe than sorry.**

****If your child has any medical conditions that our staff needs to be aware of (asthma, diabetes etc) please inform the staff at check-in.**

****Bullying of any kind is not permitted at VHG; we want this camp to be a friendly, comfortable environment for all.**

**VHG is not responsible for any missing items; please take care of belongings and keep valuables in a safe place (or do not bring them to the rink at all)

We encourage you to tag us in any social media content - we love promoting our players and programs. **Facebook, Instagram, and TikTok @vhghockey .