



VHG SniperSkills Camp 9 Itinerary + Guidelines; August 26-29 2025 (Group 1)

*** All activities @ Capital Subaru Arena (Hebron Way) except for field trips

*** Field trip activities will depend on the situation (weather mostly). For example, it might rain on Monday so we will go bowling or to laser tag. On a nice day, we will go to Signal Hill or mini golf etc. That is why you will see a "TBD" next to the field trip. VHG provides transportation and supervision throughout field trips.

Tuesday, August 26th

8am Arrival (Early Check-in First Day)

9am On Ice

10:10am Conditioning @ CSA

10:50am Shooting Bins

11:40am Lunch

12:45pm On Ice

2pm Field Trip (TBD location)

4:30pm Pickup @ CSA

Wednesday, August 27th

8:45am Arrival

9am On Ice

10:10am Conditioning @ CSA

10:50am Shooting Bins

11:40am Lunch

12:45pm On Ice

2pm Field Trip (TBD location)

4:30pm Pickup @ CSA

Thursday, August 28th

8:45am Arrival

9am On Ice

10:10am Conditioning @ CSA

10:50am Shooting Bins

11:40am Lunch

12:45pm On Ice

2pm Field Trip (TBD location)

4:30pm Pickup @ CSA

Friday, August 29th

845am Arrival

9am On Ice

10:10am Conditioning

11am Shooting Bins

12pm Lunch + Halftime Show

1pm On-Ice

2:10pm Conditioning + Games

3 pm Camp Presentation/Wrap up

4:30pm Pickup @ CSA

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 recommend using my \$400 stick in the shooting bins or at stick-handling stations)

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

-Lunch / Snacks / Water

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

-Change of clothes (optional)

****Reminder that Signal Hill is steep in some spots; please adhere to all signage posted on the hill and do not stray off the path provided by Parks Canada unless a coach is present.**

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

****If your camper 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. If so actions take place - it will be brought to the attention of staff and consequences may occur. We want this camp to be a friendly, comfortable environment for all.**

****VHG is not responsible for any missing items; please advise campers to take care of belongings and if in possession of any valuable items keep them safe and stored in a book bag / hockey bag.**

****We encourage you to tag us in any social media content - we love promoting our players and programs.**