Alberta Cup
Zone Camp Preparation

Selection Camp (the how/who/whys)

Did they get to see you? Did you leave the best painting there?

Pre Camp

· Proper nutrition (high carbohydrates and protein). Start 1 week before the event.

· Proper hydration (water is best).

· Proper rest.

· Ensuring all school work is taken care of (homework, exam and quiz review etc...).

· Arrangements to get to the camp are set (rides, sleeping and eating).

· Arrival on time to register and prepare.

· Check to make sure all equipment is:
. Taken (as you pack your bag, think of dressing and put gear in that order)
. Not broken, cracked, loose screws etc...
. Sharpen skates. Get done beforehand so you know who is doing it and can be trusted.

· Set camp goal(s):
. What do you want to achieve?
. How will you accomplish these?

· Approach the camp:
. Wanting to enjoy the experience
. Willing to do what it will take to make the team
. Leaving everything on the ice

· Routines (before, during, after)
. Time management
. Adaptability
. Enjoy having fun/finding a happy place

· Personal Choices:
. Eliminate the stressors and/or modify the environment
. Build and maintain physical resilience (fitness, nutrition, rest and recovery).
. Build and maintain relationships (team skills)
. Build and maintain inner strength, flexibility, perspective, energy, and awareness

Pre Ice

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· Get there on time; don't be rushed.

· Warm up and start before going on ice and cool down properly after the skates.

· Review personal goals and focus on the positives.

· Look at all of the posted items from the coaching staff:
  . Team philosophy
  . Evaluation process
  . Practice drills
  . Selection process/player criteria

· Positive and helpful in the dressing room. Be a leader.

· Watch the comments and language. Everyone is watching and listening.

· Plan rest periods between each ice session.

· Eat properly between each ice session.

· Show everyone you want to be part of the team through your citizenship.

On Ice

· Be focused

· Control what you can, eliminate the stressors

· Know the type of player you are and don't try to do things that you aren't

· Pre plan (frame of mind/reference points)

· Stay positive at all times.

· Don't cheat on any drills.

· Ask questions when you don't understand.

· Anything less than 100% effort is unacceptable.

· Win every battle.

· Be the hardest worker on the ice.

· Don't be afraid to step out of the box and play a different position, every team needs role players.

· Be a leader. Be the first on the ice, the first in line, the first into the board for the next drill, the first on the bench to give encouragement.

· Have your own water bottle and use it.

· Have an extra stick just in case.

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· Don't be fancy; meat and potatoes will get you where you want to go.

· Be a team player.

· Show off your skills and knowledge of the game throughout each session.

· Finish strong. The coaches want to see who will still be mentally and physically strong after a long weekend of hard work. Cream will always rise to the top.

· Show everyone you deserve to be on the *TEAM.* Make the coaching staffs' decisions extremely difficult.

HAVE FUN AND GOOD LUCK!