

Information Letter for Parents & Family

Dear Parents, Families and Participants,

Eagle Crest Outdoor Centre also known as Hockey Opportunity Camp during the summer season has been involved in sports programming for almost 50 years. Our team building programming is based traditionally on a 2-night program for any sports team. Removed from your home rink, pitch or diamond, you and your team work with our experienced staff to refine the relationship between your players, coaches and themselves. Using our natural environment and proven team-building activities, we hope to improve the way your team communicates, problem-solves, performs and works together this season.

All programs are developed specifically for each team. Activities, program duration, and specific team goals are all details we will discuss with each group. Activities your participants can expect include:

- on-ice sessions with your team coaches (by request of group)
- team building games/activities with ECOC staff
- fun programming such as Campfire, Team Challenges, and Minute to Win it
- traditional camp programming such as Archery, Wall Climbing, Mountain Biking etc.

ECOC is an outdoor learning experience with site-specific rules we ask that you follow:

- 1) ECOC Hat Trick which means Respect Yourself, Respect Others, and Respect Camp Property.
- 2) Participants are not allowed on the Waterfront without permission/an instructor present.
- 3) Participants must stay on ECOC property/with the assigned instructor at all times.
- 4) Participants are required to wear shoes at all times on the property.
- 5) Participants are to stay in their assigned cabins for the duration of their stay.

Safety is our number one priority at ECOC so please ensure you follow all instructions while participating in programming. Participants who do not follow posted safety instructions will not be allowed to participate in the respective activity.

We can't wait for you to join us and most importantly can't wait to have fun with you!

The ECOC Team