



2010 Staging Camp

Skaters, Coaches, Managers – What to Bring with you

- Sleeping bag & pillow
- Medical supplies (prescriptions)
- Toiletries, Towel and face cloth
- Earplugs
- Skates & on and off ice workout wear
- Indoor Runners
- Alarm clock
- Sleepwear
- Please do not bring valuables

Each participant can bring only 1 bag for clothes; 1 skate bag, plus your sleeping bag and pillow

(Please note that you will be sleeping on the floor)

Parents to drop off skaters at the Morris Arena on Saturday, January 30th
between 6:30pm – 7:00 pm

Parents to pick up skaters at the rink in Morris on Sunday January 31st at 1:00
pm

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