

PILOT MOUND HOCKEY ACADEMY



Male U15 Prep, Male U17 Prep,
Male U18 Prep, Female U18 Prep

8 Railway Street or Box 375

Pilot Mound, MB, R0G 1P0

(204) 825 - 7667

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PMHA “Get Ready” List 2024-2025 Season

We are super excited to welcome you to the PMHA family on Sunday, August 25, 2024. As you begin to plan and pack, the following will assist you in “getting ready” and ensuring you have what you need when you arrive:

PMHA will supply:

- 8’x11’ single occupancy, lockable dorm room, which includes a twin or twin XL bed and mattress, desk, desk chair, closet with shelves and hanger bar, under bed storage cubby and two deep drawers, and individually controlled heat and AC temperatures
- Shared bathrooms complete with single stalls, single showers, and multiple sinks. Paper towels and toilet paper are provided
- The female dorm has 4 private bathroom/shower rooms. Paper towels and toilet paper are provided
- Two dedicated washers and dryers per team/dorm floor
- Common dining room, recreation areas, classroom and boardroom
- 5 smart tvs situated throughout the common areas, classroom and boardroom
- Wireless WiFi. There are no cables/satellite available in the dorm rooms or common areas
- 3 meals per day (breakfast, lunch, supper) during the week, with 2 meals per day (brunch and supper) provided on game free/sleep in weekends when at the dorms
- Snacks openly available daily until curfew when at the dorms
- Daily meals and pre/post game snacks while traveling for hockey
- PMHA has their own skate sharpener and will maintain all players’ skates
- Player stick and sock tape

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PMHA May Supply Upon Request:

- Bedding, including fitted sheet, blankets and pillows
- Transportation to and from the airport for out of province players can be arranged. A charge will be added to the Student Athlete's account for each trip. Any Hockey injury related transportation will be covered by PMHA

Student Athletes Need to Bring:

- Bedding - which includes Comforter, Sheets, Blankets, Pillows
- Laundry bag/basket, laundry soap (Pods are the best)
- Towels and washcloths
- Toiletries, hair products, etc.
- Personal Clothing, including appropriate attire for walking the 4 blocks to school in winter
- Swimming suit(s)
- Personal spending money (ie.buying snacks, personal shopping needs attending movies,etc.).
 - a. There is an ATM available at Call-Inns Hotel. Westoba Credit Union is the only Financial Institution in the community
- Cell phone with adequate data plan (there is no WIFI on most busses)
- Laptop, chromebook, or tablet that is compatible with Google Classroom
 - a. Students utilize Google Apps for sending homework to teachers. ChromeBooks work best with this system. Many students use their phones/tablets.
- Outside Shoes
- Inside shoes for PMHA gym sessions
- Inside Shoes for dorm life (slides, birks, crocs, etc.) as no outside shoes allowed in the dorms
- Flip flops for showering
- Black Hockey Helmet

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- Extra set of Skate Blades
- Extra sets of Skate Laces

Student Athletes May Prefer to Bring:

- Second set of inside shoes to leave in your hockey bag for pre game warm ups
- Second set of slides for your hockey bag for the dressing room/shower
- Second set of toiletries for your hockey bag
- Protein Powder, pre-workout, electrolytes, etc.
- Vitamins, advil cold and sinus, tums, emergen C, etc.
- Hand sanitizer and wipes for dorm rooms (hand sanitizer stations provided)
- Polident (for cleaning retainers and toothbrushes)
- Mini Fridge (You can buy online via Amazon or through the local Home Hardware store for delivery to the dorms (8 Railway Street, Pilot Mound, MB, R0G 1P0)
- Basket for holding toiletries to and from the shower/dorm room
- Extra blankets for lounging
- Gaming system (playstation, Xbox, Switch, etc.)
- TV or ipad for movies, etc.
- Golf Clubs
- Fishing rod and tackle
- Ball glove and balls
- Roller Blades
- Bluetooth speaker
- Decorations for Dorm Rooms (string lights, jerseys, flags, etc)
- Alarm Clock
- Fan
- Hangers
- Lamp and/or Flashlight