



## GOLF & HOCKEY SUMMER CAMP

**AGES 10-14**

**@SIROCCO GOLF CLUB**

**AUGUST 11TH-15TH, 2025**

Sirocco is proud to introduce our first ever week long golf & hockey summer day camp!

Includes:

- (7) Hours of on-ice instruction & skill development
- (3) 9-hole golf rounds
- (5) Hours of golf instruction & skill development
- (5) Hours of outdoor multi-sport games
- Sirocco branded practice hockey jersey & golf hat
- 9:00 AM Drop-off 4:30 Pick-up daily (Mon-Fri)
- Elite Golf & Hockey instruction led by Rock Ruschkowski
  - PGA of Canada Class "A" Professional
  - Assistant Coach - SAIT Trojans Men's Hockey
- Available for U-13 & U-15 male or female athletes
- **Cost**
  - **Public: \$649 + GST**
  - **Sirocco Members: \$549 + GST**

**REGISTER TODAY**

Email: [rock@sirocco.ca](mailto:rock@sirocco.ca)

Phone: 403-984-1394

Website: [www.sirocco.ca](http://www.sirocco.ca)

### **Hockey Details:**

- (7), 60-minute ice sessions will focus primarily on skill development and will be non-contact.
- Parents are encouraged to spectate during our Friday ice time which will be a game day. During this time athletes will get a chance to showcase the skills they have learned throughout the week in a competitive setting.
- All ice times will be at Cardel Rec South.
- Each ice sessions will have (3) instructors/coaches (max 1:8 skater to coach ratio) and will be led by Rock Ruschkowski.

### **Golf Details:**

- There will be a total of (5), 60-minute golf practice sessions that will occur each morning. Each session will dedicate 30-minutes to full swing practice on the driving range and 30-minutes of short game area practice.
- During the on range portion golfers will work on and develop the basic fundamentals of the game including grip, posture, alignment & contact.
- The short game portion will focus on developing golfers putting and chipping skills while learning how to read greens.
- 3 days of the week golfers will get a chance to demonstrate what they have learned and play 9 holes on course at the Sirocco Golf Club.
- All practice sessions will have (3) instructors (Max 1:8 student to instructor ratio) and will be led by Rock Ruschkowski.

### **Outdoor Multi-sport Details:**

- Each day has 60-minutes dedicated to an outdoor multi-sport activities. This will consist of a variety of games that include soccer, flag football, capture the flag, basketball and ultimate frisbee.
- Outdoor multisport sessions will be conducted at the Bishop O'Bryne Highschool field just outside of Cardel Rec South facility.

## Bussing

- Athletes will bus to and from Cardel Rec South facility each day. Bus ride is approximately 15 minutes in length each way.

## Pre-Requisites

- Hockey: must have played at least one year of organized hockey.
- Golf: No prior experience needed.
- All Participants are required to bring the following items with them each day:
  - Full hockey equipment (Helmet w/ full face shield, shoulder/elbow/shin pads, hockey pants/socks, neck guard, pelvic protector, skates, gloves, stick.)
  - Golf clubs, tees and golf balls.
  - Water bottle.
  - Sufficient snacks and lunch for the day.
  - Attire suitable for both golf and outdoor multisport activities.

## Week Itinerary (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Drop Off @ 9:00 AM</b>				
9:00 AM	Range Session	Range Session	Range Session	Range Session	Range Session
9:30 AM					
10:00 AM	Bus to Cardel			Bus to Cardel	Bus to Cardel
10:30 AM	Outdoor Multi-sport			Outdoor Multi-sport	Outdoor Multi-sport
11:00 AM		Bus to Cardel	Bus to Cardel		
11:30 AM	Change/Lunch Time	Change/Lunch Time	Change/Lunch Time	Change/Lunch Time	Change/Lunch Time
12:00 PM	On Ice	On Ice	On Ice	On Ice	On Ice
12:30 PM					
1:00 PM	Change into Street Clothes	Change into Street Clothes	Change into Street Clothes	Change into Street Clothes	Change into Street Clothes
1:30 PM	Bus to Sirocco	Outdoor Multi-sport	Outdoor Multi-sport	Bus to Sirocco	Bus to Sirocco
2:00 PM					
2:30 PM	9 Holes	Change into Hockey Gear	Change into Hockey Gear	9 Holes	9 Holes
3:00 PM		On Ice	On Ice		
3:30 PM					
4:00 PM		Change into Street Clothes	Change into Street Clothes		
4:30 PM	Bus to Sirocco	Bus to Sirocco	Bus to Sirocco	Bus to Sirocco	Bus to Sirocco
	<b>Pick Up @ 4:30 PM</b>				

## Meet Your Coaches



### **Rock Ruschkowski (Head Instructor & PGA of Canada Professional)**

A born and raised Calgarian Rock grew up playing competitive hockey with the Calgary Northstars program before moving to Saskatchewan to pursue hockey at the junior “A” level where he split 3 seasons between the Humboldt Broncos and Melfort Mustangs of the SJHL. It was during the off seasons while playing with these clubs that Rock fell in love with the game of golf while working at the Sirocco Golf Club in their proshop.

His dedication and love for both sports allowed him to earn a scholarship to the Southern Alberta Institute of Technology (SAIT) as a dual sport athlete in both hockey and golf. He spent 4 years competing for both the SAIT Trojans Golf and Hockey teams and graduated from the Civil Engineering Technology program in 2022.

After graduation Rock earned his PGA of Canada professional status and has worked as an assistant golf professional at the Sirocco Golf Club for the past 3 seasons. In 2024, he became a Class “A” professional and was named to the PGA of Alberta’s top 100 golf professionals list.

Post hockey playing career, Rock has continued his passion in the game of hockey through coaching. His experience includes coaching the Hockey Canada Skills Academy (2022), U15 AAA Okotoks Oilers (2022-2023) and he is currently an assistant coach with the SAIT Trojans Men’s Hockey Team.





**David Tiessen (Assistant Instructor & PGA of Canada Professional)**

Born and raised in Calgary, David grew up playing competitive hockey over the span of eight years. He has a deep rooted passion for the sport and continues to actively play. He also follows the NHL as a Calgary Flames super-fan.

After graduating from High School, David moved away from home to pursue U-Sports basketball and play for the University of Northern British Columbia Timberwolves. David played two years of basketball while studying business in university before he decided to come back home to Calgary.

David started working at Sirocco in 2021 and worked in the back shop for two years before transitioning into the Proshop. Working at Sirocco, David grew an interest in the game of Golf. This past summer David earned his PGA of Canada Professional status and will continue to work at Sirocco as an Apprentice Professional.



**Ben Bolder (Assistant Instructor & Golf Operations Assistant)**

Born and raised in Calgary, Alberta, Ben Bolder discovered his passion for sports at an early age. Starting competitive hockey at the age of five, he also played baseball, basketball, and volleyball during his formative years. At 16, Ben developed a deep love for golf, which soon became his primary focus.

During his time at Bishop O’Byrne High School, Ben excelled as a member of the golf team. In his senior year, he placed third at a high school tournament at McKenzie Meadows Golf Club with a score of 73, earning an award for “Golfer of the Year” at Bishop O’Byrne

Following high school, Ben began working at Sirocco Golf Club, where his enthusiasm for the game grew. This past season, Ben demonstrated his competitive abilities with three Top-10 finishes in the PGA of Alberta PATS. He also took the next step in his career by teaching golf lessons at Sirocco.

Ben is pursuing a Bachelor of Business Administration with a major in Finance at Mount Royal University. His commitment to professional development and passion for mentoring athletes of all skill levels make him a dedicated and inspiring coach.