



2010 CAMP INFORMATION

AUGUST 23-27, 2010

GROUP A: 6-8 YRS

GROUP B: 9-11 YRS

9:30AM – 3:30PM

COST: \$300

ICE SESSIONS

Each day will include (2) ice sessions of one hour and twenty minutes with 30 minutes of emphasis on power skating instruction and 50 minutes of individual skill development. Each ice session will include minimum of (3) instructors for the full ice session.

OFF ICE SESSIONS

Each day will include (2) off-ice sessions. Instruction will include different activities including swimming, playing games or hockey related training with emphasis on agility, power and strength drills.

LUNCH

Each day will provide one half hour for a supervised lunch to be eaten at designated areas by the staff. Students are to provide their own lunch and will be expected to clean up after themselves.

CAMP OVERVIEW

The camp will consist of players at the Initiation, Novice and Atom levels. This week will emphasize skating, individual skill development and most importantly having FUN! Each student will receive over 13 hours of on-ice instruction for the week as well as receive a jersey. Limited space is available so register early!