

Total Package

\$1600

If hockey is your passion, Total Package is for you! This is an intensive off-season camp spanning 4+ summer months with 5 phases that will take your game to the next level!

Players work through a carefully integrated program of **on-ice and dry land** exercises designed to take your game to the next level. Improve your athletic abilities, build intensity & commitment, and improve your personal self.

April 26 - August 17

Level	Cost
Bantam (98, 99)	\$1600
Midget (95 - 97)/Junior (94+)	\$1600

All prices include GST.

If interested in bringing a dryland program to your community, call Tina at 780-524-8475

Progressive Power Skating Program

Reprogram Your Body for Speed, Power and Agility

- **A 10 Session Power Skating Program**, delivered in two 5-day blocks (10 sessions for \$480) or as an optional 5-day half-program (for \$250).
- Power Plus's own system of progressive drills will help to improve every aspect of your hockey skating performance-technique, speed, power, and agility. You'll also master special conditioning drills that will increase your strength, power and stamina.

10 SESSIONS FOR \$480

July 9 - 13 (North)

Level	Time	Cost
Novice (04 - 08)	3:30 - 4:45 pm	\$250
Atom (02, 03)/Pee Wee (00, 01)	5:00 - 6:15 pm	\$250
Bantam (98, 99)	6:30 - 7:45 pm	\$250
Midget (95 - 97)/Junior (94+)	8:00 - 9:15 pm	\$250

All prices include GST.

July 23 - 27 (South)

Level	Time	Cost
Novice (04 - 08)	3:30 - 4:45 pm	\$250
Atom (02, 03)/Pee Wee (00, 01)	5:00 - 6:15 pm	\$250

All prices include GST.

Skills Sessions (with Brett Stephenson)

Take your hockey skills to the next level: Power Plus welcomes Brett Stephenson on board to continue bringing great skill development camps! These sessions are designed to improve all your hockey skills; skating, stick handling, checking, shooting and passing. All sessions are high-intensity, like a Junior 'A' practice.

July 23 - 27

Level	Time	Cost
Bantam (98, 99)	6:30 - 7:45 pm	\$250
Midget (95 - 97)/Junior (94+)	8:00 - 9:15 pm	\$250

All prices include GST.

45/45 Conditioning +45

Head into Tryouts with Confidence: Delivered over 5 consecutive days, each day of 45/45 Conditioning includes:

- Maximum 24 Players and 2 Goalies.
Goalie Instructor Provided!
- **45 minutes** of power skating, conditioning, and core stability
 - **45 minutes** of high tempo hockey skills, drills, and 4-on-4
 - **+45 minutes** hockey specific, high-intensity, dry land group training

Using our proven format of power skating, skills, high-tempo drills and scrimmages, you will **consolidate your gains.**

Preparation = Confidence, Confidence = Increased Speed!

Dates	Level	Time	Cost	Dry Land	Cost (Dry Land)
August 13 - 17	Novice (04 - 08)	12:30 - 1:30 pm	\$150	11:15 - 12:00 pm	\$60
	Atom (02, 03)	1:45 - 3:00 pm	\$200	12:30 - 1:15 pm	\$60
	Pee Wee (00, 01)	3:15 - 4:45 pm	\$250	2:00 - 2:45 pm	\$60
	Bantam (98, 99)	5:00 - 6:30 pm	\$250	3:45 - 4:30 pm	\$60
	Midget (95 - 97)/Junior (94+)	6:45 - 8:15 pm	\$250	5:30 - 6:15 pm	\$60

Dates	Level	Time	Cost	Dry Land	Cost (Dry Land)
August 20 - 24	Novice (04 - 08)	12:30 - 2:00 pm	\$250	11:15 - 12:00 pm	\$60
	Atom (02, 03)	2:15 - 3:45 pm	\$250	1:00 - 1:45 pm	\$60
	Pee Wee (00, 01)	4:00 - 5:30 pm	\$250	2:45 - 3:30 pm	\$60
	Bantam (98, 99)	5:45 - 7:15 pm	\$250	4:30 - 5:15 pm	\$60
	Midget (95 - 97)/Junior (94+)	7:30 - 9:00 pm	\$250	6:15 - 7:00 pm	\$60

All prices include GST.

Junior/College Prep (with Jean Bourbeau)

Get into game shape! Jean will put a group of junior/college players through the paces to prepare for fall camps. These skill sessions will improve all your hockey skills. All skills, drills and scrimmages are performed at high-intensity to build stamina and game speed.

August 20 - 23

Dates	Time	Cost	Dry Land	Cost (Dry Land)
August 20 - 23	11:00 - 12:15 pm	\$190	9:30 - 10:15 am	\$50

Add a 45 minute dry land session \$50

All prices include GST.