



www.powerplushockeyskating.com

Re: Power Plus Hockey Skating Camps/Clinics

Association: _____
Box: _____
City: _____ Prov. _____
PC: _____

Thank you for your interest in Power Plus!

This package is designed to show Associations, Teams, and individuals the range of power skating programs and player development services that Power Plus Hockey Skating can bring to your community.

Power Plus was founded on the idea that **focused skill development** is essential to each player's personal growth, success, and lifelong enjoyment of hockey. It is our mission to provide enthusiastic technical expertise to the players and communities of the Grande Prairie and Peace River areas.

Power Plus provides a wide range of programs that go beyond power skating to include dry land training and skills instruction. This package describes our programs in detail. Also provided are examples of different camp/clinic formats that have been successful in many communities around the Peace Region. Because each community is unique, we're always happy to customize programs to suit the players who participate.

In this package you will find:

- Information on our Training Approach
- Detailed Descriptions of Programs
- Examples of Program Delivery Formats
- Key Instructor Profiles
- Example Contract and Rate schedule

For more information or to book a camp/clinic in your area, please call Tina Caron at 780-524-8475.

Sincerely yours,

Tina Caron

NOTE: Power Plus also delivers pre-scheduled courses with open registration. For more information and online registration, visit www.powerplushockeyskating.com

Our Training Approach: Why Power Plus Gets Results

**Improve your skating,
improve your game.**

This is the underlying philosophy behind all our training programs. Power Plus helps each player to **develop the power, drive, and stamina** they need to be the best hockey player they can be.

Used efficiently, a player's body provides speed, power, and agility. Unfortunately, many hockey players have learned to skate in ways that actually limit their power and speed. Over time, these repeated errors become habits that limit the player's hockey performance.

Power Plus Head Trainer Tina Caron has developed an easy-to-understand, challenging set of progressive drills designed to **erase bad skating habits and improve skating performance.**

Under Tina's direction, the Power Plus **team of experienced trainers** guides players through a unique program of drills and exercises designed to improve hockey skating skills. Beginning with fundamentals, players are shown how to undo poor skating habits and **replace them with correct technique.**

The program **works with each player's body mechanics** to bring out his or her best level of skating performance. As players work from hockey skating fundamentals through to more advanced hockey skating techniques, they are shown exactly how to get maximum performance on the ice. The training literally re-patterns each player's body, to **develop the stride and moves that are best for that individual.**

The Power Plus system of progressive drills is designed to improve every aspect of hockey skating performance—technique, speed, power, and agility. Special conditioning drills are used to further increase strength, power, and stamina.

Better skating equals better hockey. Power Plus Hockey Skating helps players to unlock their abilities and become the best skaters they can be. As the newer, faster moves become automatic, players are increasingly free to focus on their game, not their skating.

Skills that will improve include:

- forward stride
- backward stride
- V starts
- crossover starts
- quick back starts
- forward side stop
- backward V stop
- tight turns
- eagle turns
- reverse turns
- forward 360 spin
- forward lateral
- backward lateral
- forward-to-backward 180 pivot
- backward-to-forward 180 pivot
- conditioning
- over speed abilities

As players master the technical drills, the puck is re-introduced to increase the level of challenge. All skills, drills, and scrimmages are performed at high intensity.

Our Programs

Power Plus provides a variety of custom-designed group programs. **If your group has specific goals or needs not covered by the programs described below**, just contact us—we'll be happy to design a camp to meet your needs. Be it a mini-clinic on stops & starts, a checking clinic, or a two-week "killer" conditioning camp, we'll deliver a program customized to meet your goals!

Once we've hit the ice, Power Plus instructors are expert at assessing the overall skill level of a group and tailoring instruction to that level. With your goals in mind, we'll start at the appropriate technical level for your group, and develop solid improvements.

SKILLS DEVELOPMENT CAMPS

Power Plus continues to bring you great skills development camps. Depending on your needs, we'll train your players for a broad range of skills, or focus on specific areas of need.

DRY LAND GROUP TRAINING

Looking for an extra edge? Not sure what off-ice drills to focus on? Power Plus delivers high-intensity off-ice training in any or all of: cardio, core strength, upper and lower body strength, overall power and balance, footwork, and speed.

Power Plus will consult with your team and design a skill-specific or level-specific workout that is geared specifically to hockey performance. **Coaches:** make it a part of your team's yearly plan!

EVALUATIONS

For Association that need professional help to evaluate their players, Power Plus offers professional, unbiased opinions. We will:

- work with you to determine what types of evaluation are necessary
- advise you regarding the appropriate evaluation format (for example, 2 hour-long skills sessions, plus 3 1-hour games) to meet your needs
- set up skills and scrimmage sessions designed to cover all aspects of the game
- provide on-ice instructors and evaluators to run the sessions and make the evaluations

Each player can be graded with an individual rating, or evaluations can be done just to help pick teams so players and parents feel the process is fair. Evaluations include the following skills and abilities:

- Skating
- Stick handling
- Shooting
- Passing
- Checking
- Hockey sense
- Team work
- Attitude

Associations, team, or individuals looking for a fair, professional assessment of your players' hockey skills—give Power Plus a call!

Examples of Program Delivery Formats

Below are examples of camps previously set up by Associations. The following examples are shown:

- 3 -Day Weekend
- 2 -Day Weekend
- 4-5 Day Power Skate / Conditioning Camp (2 examples)
- Fall/Winter Power Skating Programs
- Team Ice: Including Power Skating in a Regular Training Regimen
- Conditioning Camps with Power Skating, Skills, and Dry Land
- Conditioning Camps with Power Skating and Skills Combined (Includes Checking Clinic)

EXAMPLE: 3- DAY WEEKEND

Day 1

Group #:	Time:	Dressing Rm #:	Flood:
#1	4:00pm – 5:00pm	1 & 2	5:00pm
#2	5:15pm - 6:15pm	3 & 4	6:15pm
#3	6:30pm – 7:30pm	1 & 2	

Day 2

#2	8:00am – 9:30am	1 & 2	9:30am
#1	9:45am – 11:15am	3 & 4	11:15am
#3	11:30am – 1:00pm	1 & 2	1:00pm

Lunch Break 1:00pm – 2:00pm

#2	2:00pm – 3:30pm	3 & 4	3:30
#1	3:45pm – 5:15pm	1 & 2	

Day 3

#3	8:00am – 9:30am	1 & 2	9:30am
#2	9:45 – 11:15am	3 & 4	11:15am

Lunch Break 11:15am – 12:15pm

#1	12:15pm – 1:45pm	1 & 2	1:45pm
#3	2:00pm – 3:30pm	3 & 4	

EXAMPLE: 2 DAY WEEKEND

Day 1

Squirts	9:00am – 10:00am
Novice	10:00am – 11:00am Flood
Atoms	11:15am – 12:15pm Flood
Pee Wee	12:30pm – 1:30pm

Lunch Break 1:30pm – 2:30pm

Squirts	2:30pm – 3:30pm
Novice	3:30pm – 4:30pm Flood
Atoms	4:45pm – 5:45pm Flood
Pee Wee	6:00pm – 7:00pm

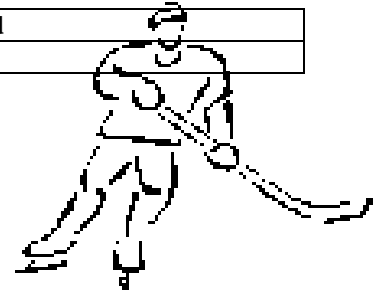
Day 2

Midget	9:00am – 10:00am Flood
Bantam/Midget Girls	10:15am – 11:15am Flood
Bantam	11:30am – 12:30pm Flood
Midget	12:00pm – 1:00pm Flood

Lunch Break 1:00pm – 2:00pm

Bantam/Midget Girls	2:00pm – 3:00pm Flood
Bantam	

The above are only examples to show what can be organized.
 Instructor can work 6-8 on-ice hours per day over a weekend.
 Instructor needs breaks for lunch; flood breaks double for other needed breaks.



EXAMPLE: 4 - 5 DAY POWER SKATE / CONDITIONING CAMP

Monday	Novice 4:00-5:00pm	Atom 5:00-6:00pm Flood	Pee Wee 6:15-7:15pm Flood	Bantam/Midget 7:30-8:30pm
Tuesday	Novice 4:00-5:00pm	Atom 5:00-6:00pm Flood	Pee Wee 6:15-7:15pm Flood	Bantam/Midget 7:30-8:30pm
Wednesday	Novice 4:00-5:00pm	Atom 5:00-6:00pm Flood	Pee Wee 6:15-7:15pm Flood	Bantam/Midget 7:30-8:30pm
Thursday	Novice 4:00-5:00pm	Atom 5:00-6:00pm Flood	Pee Wee 6:15-7:15pm Flood	Bantam/Midget 7:30-8:30pm

The above are only examples to show what can be organized.
 Instructor available from 4:00 pm to 10:30 pm.
 Supper break not necessary.
 2 weeks can be easily done.

EXAMPLE: 4 OR 5 DAY POWER SKATE / CONDITIONING CAMP (SQUIRTS/NOVICE)

Monday	Squirts 4:00pm – 5:00pm
Tuesday	Novice 4:00pm – 5:00pm
Wednesday	Squirts 4:00pm – 5:00pm
Thursday	Novice 4:00pm – 5:00pm

Sometimes squirts get tired out by 4 or 5 days of conditioning camp in a row. This schedule is a good way to give them an introduction without tiring them out and turning them off.

With younger ages, best results are obtained with small groups where everyone is at a similar skill level.

EXAMPLE: FALL/WINTER POWER SKATING PROGRAMS

Location	# of Groups	Times	# of Sessions	Dates
Fox Creek (example)	3 groups	6:00pm – 7:00pm 7:00pm – 8:00pm 8:00p –10:00pm	6 – 8	Tuesday(example) Nov.2/04 – Dec.21/04

Finding extra ice to host a power skating session during the week can be difficult. Often teams are willing to trade ice times, or two or more teams practising on the same night will be willing to have their practice used as a power skating session. This usually goes over well at the beginning of the season.

EXAMPLE: TEAM ICE: INCLUDING POWER SKATING IN REGULAR TRAINING REGIMEN

Location	Team	Times	# of Sessions	Dates
Grande Prairie	Pee Wee AA	Practice	4	Nov/Dec/Jan/Feb

NOTE: 1 or 2 sessions will not produce the desired changes in skills. Results must be built.

EXAMPLE: CONDITIONING CAMP WITH POWER SKATING, SKILLS, AND DRY LAND

Sexsmith Minor Hockey Association - Fall Conditioning Camp

September 15-19, Monday-Friday and September 20&21, Saturday & Sunday

Novice will have 3 ½ hours on ice, over the weekend.

- 18-20 players per session
- 2-3 volunteer helpers

Novice 2nd yr./Atom will have 1 hour per day on ice, Monday to Friday. On Monday, Wednesday, and Saturday, they will have off-ice training for 1 hour. Novice 2nd yr./Atom will have 2 hours on ice Saturday and 1 hour Sunday. The total hours of conditioning for this age level will be 8 hours on ice and 3 hours off ice.

- 26 players per session
- 2 volunteer helpers, off- and on-ice

Pee Wee will have 1 hour per day on ice, Monday to Friday. On Monday, Wednesday, and Saturday, they will have off-ice training for 1 hour. **Checking Clinic:** Saturday and Sunday, the Pee Wees will focus on checking for 3 hours on ice. Also on Sunday, the Pee Wees will have 1 ½ hours of ice time to focus on conditioning. The total hours of conditioning for this age level will be 8 hours on ice and 3 hours off ice.

- 26 players per session
- 2 goalies per session
- 2 volunteer helpers, off- and on-ice

Bantam/Midget will have 1 hour per day, on ice Monday to Friday. On Monday, Wednesday, and Saturday, they will have off-ice training for 1 hour. On Saturday and Sunday, they will have 1 ½ hours on ice per day. The total hours of conditioning for this age level will be 8 hours on ice and 3 hours off ice.

- 26 players per session (at this level, it's okay to have a few more)
- 2 goalies per session
- 1 volunteer helper, off- and on-ice

Goalies will have 3 hours of goalie-specific training on ice. Goalies will also attend all sessions with their age level.

- 4-6 goalies per session
- 2 volunteer helpers

EXAMPLE: CONDITIONING CAMP WITH POWER SKATING AND SKILLS COMBINED (INCLUDES CHECKING CLINIC)

Sexsmith Minor Hockey Association - Fall Conditioning Camp - Tentative Schedule

**Monday-Friday
September 15-19**

Level	On Ice (Times)	Off Ice (Times)	Off Ice (Days)
Novice 2 nd yr./Atom	6:00-7:00 pm	4:30-5:30 pm	Mon, Wed, Sat
Pee Wee	7:15-8:15 pm	5:45-6:45 pm	Mon, Wed, Sat
Bantam / Midget	8:30-9:45 pm	7:00-8:00 pm	Mon, Wed, Sat

**Saturday
September 20**

Level	On Ice (Times)	Off Ice (Times)
Novice	9:00-10:00 am	
Novice 2 nd yr./Atom	10:15-11:15 am	9:00-9:45 am
Pee Wee (Checking Clinic)	11:30-1:00 pm	10:00-10:45 am
Bantam / Midget	1:15-2:45 pm	11:00-12:00 pm
Novice 2 nd yr./Atom	3:00-4:00 pm	
Goalie Session	4:15-5:45 pm	

**Sunday
September 21**

Level	On Ice (Times)
Pee Wee (Checking Clinic)	9:00-10:30 am
Novice	10:30-11:30 am
Bantam/Midget	11:45-1:15 pm
Novice 2 nd yr./Atom	1:30-2:30 pm
Goalie Session	2:45-4:15 pm
Novice	4:30-6:00 pm

KEY INSTRUCTOR PROFILES

Tina Caron (Head Instructor)

Tina Caron has taught power skating to hockey players since 1990. As a former hockey coach, Tina understands the demands of the sport. Here are some of Tina's qualifications:

- power skating instructor at the [Black Elk Hockey Camp](#), 1999-present
- power skating instructor for the [AJHL Grande Prairie Storm](#) team, 2001-2007
- power skating coach, **Hockey in the North** (Slave Lake)
- power skating coach, **Classic Edge Hockey School** (Grande Prairie)
- **NCCP/CHA certified coach** at initiation, coach, and intermediate levels
- Canpower certified
- **18+ years coaching experience**
- apprenticed and worked as instructor with Hanlen Consulting (co-developer of CanPowerskate)
- **Quantum Speed power skating instructor** 2001-2003



Tina believes that you never stop learning! Her recent achievements include:

- attending the first & second **International Hockey Skating Symposiums** (2003 & 2005) in Detroit
- Leadership Breakthrough Training 1 with Rapport Leadership International
- Power Communication Training 1 with Rapport Leadership International
- Master Graduate Training with Rapport Leadership International

Tina Caron and her power skating team have taught in communities throughout Northern, Central, and Southern Alberta, and Northern B.C.

Kacey Funk



- played for the Female Midget AAA Storm for two years
- played in Alberta Winter Games
- in 2006-07, played for Red Deer College in the Alberta Colleges Athletic Conference
- in final year of a degree in Kinesiology at U of Manitoba, prior to starting work as a personal trainer
- certified by Twist Conditioning
- currently plays for the [University of Manitoba Bisons](#); won bronze at nationals in 2008, Canada West Champions in 2009, and Canada West silver medallists in 2010
- an assistant captain for the past 2 seasons
- a student of Power Plus since 2002
- 4 years coaching experience with Power Plus

Shelby Robinson

- grew up playing hockey, swimming, badminton, and volleyball, and dance.
- played minor hockey in Beaverlodge, then played in Grande Prairie for 4 years for the MJM Female Storm
- a student of Power Plus since 2000
- led her team to gold in the 2010 Arctic Winter Games
- has coached swimming for 6 years: 1 year with the Grande Prairie Aquarians, 1 year with the Grande Prairie Piranhas, and 4 years as the head coach of the Beaverlodge Barracudas
- attended Grande Prairie Regional College for 2 years in the Physical Education department. Also took 1 year of Psychology.
- 3 years coaching experience with Power Plus



Tanya Morgan



- played minor hockey in Wembley up to Pee Wee, then moved into Grande Prairie Minor Hockey's female system
- in 2004, at age 13, she played in the Alberta Winter Games
- for three years, played for the Northern Alberta Allstars in Edmonton, and travelled with them to Europe
- in 2005, joined the [MJM Female Midget Storm](#) of the [Alberta Major Midget Female Hockey League](#)
- currently with the [University of Calgary Dinos](#), who made ACAC champions in 2008/9 after a 1-0 victory over the Mount Royal Cougars in Game 5 of the championship series. This is the Dinos' second year playing in the CIS.
- pursuing a Kinesiology Degree, majoring in Mind Sciences
- a student of Power Plus since 2002
- 4 years coaching experience with Power Plus

Example Contract and Rate Schedule



INSTRUCTORS CONTRACT

Association/Team/Individual: _____ Contract #: _____
 Address: _____ City: _____ PC: _____
 Phone #'s (H) : _____ (W) : _____ (C): _____
 (Fax): _____ E-Mail: _____
 Representative's Name: _____
 Phone #'s (H) _____ (W) _____ (C) _____
 Camp/Clinic Dates: _____

Instructors Fee: Number of on ice hours _____ @ \$120.00 per hour
 (Tina Caron. Includes floods, does not include 1 hour lunch break.) Total _____

Instructors Fee: Number of on ice hours _____ @ \$80.00-\$100.00 per hour
 (Alternate Power Skating or Skills instructor available) Total _____

Dry land Instructors Fee: Number hours _____ @ \$80.00 per hour/
 (Trainer available) Total _____

Assistant Fee: Number of on ice hours _____ @ \$20.00- \$40.00 per hour
 (Hourly rate as per qualifications. Applied only if assistant is requested by Association, when volunteers can not be supplied.)
 Total _____

Travel Fee: Valleyview to _____ return. Number of Km _____ @ 0.50/Km
 Total _____
 Grande Prairie to _____ return. Number of Km _____ @ 0.50/Km
 Total _____

Flights: return Total _____ (only when applicable)

Accommodations: Number of nights _____ @ _____
 Total _____ (only when applicable)

Meals: Number of days _____ @ \$40.00 per day
 Total _____ (only when applicable)

CONTRACT TOTAL: Total _____

This contract is between _____ and Power Plus Hockey Skating Inc;
 Association/Team/Individual

To be paid in full at the completion of the Power Skate and Conditioning Camp/Clinic.

 Association/Team/Individual

 Tina Caron, Owner
 Power Plus Hockey Skating Inc.

P.O. Box 1832 Valleyview, AB T0H 3N0 Phone# 780-524-8475 Fax# 780-524-5510