

Power Plus

HOCKEY SKATING INC.

2020 SPRING & SUMMER CAMPS



PROGRESSIVE POWER SKATING PROGRAM

REPROGRAM YOUR BODY FOR POWER, AGILITY & SPEED
10 session power skating program, delivered in two 5-day blocks (10 sessions for \$450 + gst) or as an optional 5-day half-program (for \$225 + gst). Power Plus' 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.

SKILLS SESSIONS

TAKE YOUR SKILLS TO THE NEXT LEVEL

Power Plus' skills sessions are high intensity skill development camps designed to improve a dynamic range of hockey skills including skating, stick handling, shooting, and passing. All sessions challenge athletes to improve their skills while participating with a high level of speed, intensity, and commitment to improvement.

45/45 CONDITIONING + 45

HEAD INTO TRYOUTS WITH CONFIDENCE

Each day of 45/45 conditioning includes:

- » 45 min. of power skating, conditioning, and core stability
- » 45 min. of high tempo hockey skills, drills, and 4-on-4
- » +45 min. high-intensity, dry land group training

- Progressive Power
- Skills
- 45/45 Conditioning

JULY 13 – 17 | JULY 20 – 24 | NORTH ARENA

LEVEL	TIME	COST
Novice (12–13)	3:00 – 4:00pm	\$225 + GST for 5 sessions
Atom (10–11)	4:15 – 5:15pm	
Pee Wee (08–09)	5:30 – 6:30pm	\$450 + GST 10 sessions
Bantam (06–07)	6:45 – 7:45pm	
Midget (03–05) Junior (02+)		

JULY 27 – 31 | NORTH ARENA

LEVEL	TIME	COST
Bantam (06–07) Midget (03–05)	6:00 – 7:15pm	\$250 + GST

SOUTH ARENA

AUGUST 4 – 7 | 4 DAYS | \$200 + \$50 DRY LAND +GST

AUGUST 10 – 14 | 5 DAYS | \$250 + \$60 DRY LAND +GST

LEVEL	TIME (ICE)	TIME (DRY LAND)
Novice (12–13)	11:00 – 12:30pm	9:45 – 10:30am
Atom (10–11)	12:45 – 2:15pm	11:30 – 12:15pm
Pee Wee (08–09)	2:30 – 4:00pm	1:15 – 2:00pm
Bantam (06–07)	4:15 – 5:45pm	3:00 – 3:45pm
Midget (03–05)/Junior (02+)	6:00 – 7:30pm	4:45 – 5:30pm

JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

TAKE THE TIME... GET THE RESULTS

PROGRESSIVE POWER SKATING PROGRAM

JULY 13 - 17 | JULY 20 - 24

\$225+GST OR \$450+GST / 10 SESSIONS

SKILLS SESSIONS

JULY 27 - 31

\$250+GST

45/45 CONDITIONING + 45

AUGUST 4 - 7 | 4 DAYS

AUGUST 10 - 14 | 5 DAYS

\$200 + \$50+GST (DRY LAND)

\$250 + \$60+GST (DRY LAND)

LOCATION: COCA-COLA CENTRE

6 Knowledge Way, Grande Prairie T8W 2V9

REGISTER: POWERPLUSHOCKEYSKATING.COM

Register online or complete this form



REGISTRATION

PROGRESSIVE POWER SKATING PROGRAM
\$225+GST OR \$450+GST / 10 SESSIONS

July 13 - 17

July 20 - 24

SKILLS SESSIONS | \$250+GST | July 27 - August 31

45/45 CONDITIONING + 45

August 4 - 7 (4 days)
\$200+GST

August 10 - 14 (5 days)
\$250+GST

Plus Dry Land (\$50+GST) Plus Dry Land (\$60+GST)

METHOD OF PAYMENT

Mastercard

Visa

Name on Card _____

Card # _____

Expiry _____ Amount _____

Postal Code associated with card _____

Cash \$ _____ Cheque # _____

Visa, Mastercard, Cash, Cheque and E-Transfer accepted.
Refunds for medical reasons only.

PARENT/PLAYER CONSENT WAIVER

I hereby consent on behalf of myself/my child to participate in the Power Plus Hockey Skating Inc. Spring/Summer 2020 Skating Camp at my/his/her risk. I further consent to Power Plus Hockey Skating Inc. using any photos taken of me/my son/my daughter at camp for marketing and promotional pictures without charge.

I understand and agree that Power Plus Hockey Skating Inc., any employees/representatives of Power Plus Hockey Skating Inc., or hired by it will not be held responsible for accident, injury, loss, or damage, however caused.

I hereby release the said parties from any and all claims, damages, actions, losses, and expenses which may arise as a result of the accident, injury, loss, or damage to myself/my child, notwithstanding that the said injury, loss, or damage may have been caused by or contributed by the negligence of Power Plus Hockey Skating Inc., any employees, representatives, and/or any persons hired by it.

I have read and understand this waiver.

Parent Guardian or Participant Signature

Date (d/m/y)

ALL PRICES ARE SUBJECT TO GST

CONTACT

Player's Name _____

M F Birth Date (d/m/y) ____/____/____

Address _____

City/Province _____ Postal Code _____

Phone _____ Alt Phone _____

Email _____

Parents' Names _____

POWER PLUS HOCKEY SKATING INC.

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