

2022 SUMMER CAMPS



JULY 11-14 \$200 + GST

JULY 18-22 \$250 + GST

TECHNICAL POWER & SKILLS

A dynamic collaboration of focused instruction on the improvement of stride and skating elements incorporated with complimentary puck skills. This program has been specifically developed to combine improvement and progression of technical skating elements along with transferring those skating skills into applicable puck skills.

U9 (2014-15) - 2:30pm-3:30pm

U11 (2012-13) - 3:45pm-4:45pm

U13 (2010-11) - 5:00pm-6:00pm

U15 (2008-09) - 6:15pm-7:15pm

U18 (2005-07) - 7:30pm-8:30pm

PROGRESS OVER PERFECTION

AUG 2-5 \$225 Ice Dryland \$50 + GST

AUG 8-12 \$275 Ice Dryland \$60 + GST

POWER CONDITIONING +45

An excellent opportunity for players to prepare for their upcoming seasons incorporating major aspects of athlete preparation including power skating, high intensity skills, and dryland training. Power Conditioning +45 strives to help athletes prepare and go into camps/tryouts/seasons with the confidence to succeed!

	<u>TIME (On Ice)</u>	<u>TIME (Dry Land)</u>
U9 (2014-15)	11:00am-12:15pm	9:45am-10:30am
U11 (2012-13)	12:30pm- 1:45pm	11:15am-12:00pm
U13 (2010-11)	2:00pm- 3:15pm	12:45pm- 1:30pm
U15 (2008-09)	3:30pm- 4:45pm	2:15pm- 3:00pm
U18 (2005-07)	5:00pm- 6:15pm	3:45pm- 4:30pm

HEAD INTO TRYOUTS WITH CONFIDENCE



TANYA CHOMYC
CONDITIONING, POWER SKATING & SKILLS



KIRA RICH
CONDITIONING & POWER SKATING



MATT CHOMYC
CONDITIONING, POWER SKATING & SKILLS



ASHLEY SUTHERLAND
DRYLAND TRAINING/CONDITIONING