



## 5 Day-- Power Skating & Prep/Skills Camp

**Camp Location: Nelson, BC**

**Date: Aug. 28 – Sept. 1, 2023**

**Age Groups:** ● Camp is open to all players, 6 years old & older

**Program includes:** ● 2 hours of On-ice instruction each day (Total ice time = 10 hours)

Head Instructor will be Lou Lemire. He holds a B. of Ed. Degree and a Master's Degree in Curriculum and Instruction. He has taught school for over 30 years and has been involved in hockey schools just as long. He will be running his 21<sup>st</sup> Annual Summer Hockey Skills Camp in Summerland BC this summer from July 24-28. He invites you to come and vacation in the Okanagan while your child attends this full day camp. Please visit website for more information.

As a Professional teacher, his attention to detail and his ability to break down and teach the skills properly enables each player to learn the proper mechanics before progressing to the next level. All of the other instructors are Ex. Jr./College players who have worked for Lou for several years. They also have an extensive knowledge of the teaching process needed to help each child improve on their skill development.

As well, with each drill, all instructors skate with each player throughout the drill to offer instant feedback allowing the player to make the necessary corrections right on the spot. This then allows each player to continue to master and retain each skill taught at a much faster rate. By the end of the week, you will see a marked improvement in your child's skill level allowing them to be a step ahead of the other players. Register today to give your child this opportunity to get to the next level.

### **On ice program curriculum includes:**

- *Posture/Balance*
  - *Edgework Progressions*
  - *Quick Feet/Acceleration*
  - *Precision Passing Skills*
  - *Wrist/Backhand/Snap/Flip/Slap Shot*
  - *Deke & Dangle Techniques*
  - *Mini games*
  - *Much more*
- 

## 5 Day Advanced Goaltending Camp

**Camp Location: Nelson, BC**

**Date: Aug. 28 – Sept. 1, 2023**

**Age Groups:** ● Camp is open to all goaltenders, 6 years old & older

**Program includes:** ● 2 hours of On-ice instruction each day (Total ice time = 10 hours)

### **On ice program curriculum includes:**

- *Edgework/Movement Progressions*
- *Proper Stance*
- *Stick/Glove Save Progressions*
- *Puck handling/Puck Movement*
- *Rebound Control*
- *Slides, up/down pushes*
- *Save Selection*
- *Tracking puck and Shooting skills*
- *Much more*

**\*\* How do I register:** See registration options on back page