



# 22<sup>ND</sup> ANNUAL

*Lou Lemire Summer Hockey Skills Camp*

**COME AND BE A PART OF THIS HISTORIC ACHIEVEMENT!**

**Camp Location:** Summerland, BC

**Date:** July 22-26, 2024

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

**Day Camp Program:** 2 hours of on-ice instruction & 3 hours of off-ice each day

## **Players On-ice Curriculum**

- *Edgework Progressions*
- *Quick Feet/Acceleration Progressions*
- *Stride Progressions*
- *Wrist/Backhand/Snap/Flip/Slap Shot*
- *Deke & Dangle Techniques*
- *Much, much, more*

## **Goaltenders On-ice Curriculum**

- *Proper Stance*
- *Edgework/Movement Progressions*
- *Puckhandling/Rebound Control*
- *Stick/Glove Save Progressions*
- *Save Selection*
- *Shooting Skills*
- *Much, much more*

## **Off-ice program includes:**

- Shooting/Scoring Centre
- Stickhandling Centre
- Off ice Passing Centre
- Indoor Floor Hockey
- Core Fitness Training
- Dryland Training
- Skills based games
- Ladder/Agility Training
- Much, more

## **HELP YOUR CHILD ELEVATE THEIR GAME!**

This camp has been doing that for many, many players for the past 21 years. This is your opportunity to give your child a leg up on everyone else! Don't miss out! Register today!

**\*\* How do I register? Go back to the Home Page.**

**NOTE:** If you want to register Online then click on Register Online

**NOTE:** If you want to print off a copy of the registration form, fill it out and scan it back to me then click on Camp Registration Form