



5 Day Power Skating, Shooting and Skills Camp

Camp Location: Castlegar, BC

Date: August 29 - Sept. 2, 2022

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

Program includes:

- 2 hours of On-ice instruction each day
- Off-ice training/activities/games

On ice program curriculum includes:

- *Edgework Progressions*
- *Quick Feet/Acceleration*
- *Passing Skills*
- *Wrist/Backhand/Snap/Flip/Slap Shot*
- *Deke & Dangle Techniques*

Off ice program includes:

- Dryland Fitness focusing on speed, agility and quickness
- games such as soccer, capture the flag, big dodge and much more

REGISTER early to take advantage of the special pricing discount. See registration details on next page.

5 Day Advanced Goaltending Camp

Camp Location: Castlegar, BC

Date: August 29 - Sept. 2, 2022

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

Program includes:

- 2 hours of On-ice instruction each day
- Off-ice training/activities/games

On ice program curriculum includes:

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

Off ice program includes:

- Dryland Fitness focusing on speed, agility and quickness
- hand/eye coordination drills
- games such as soccer, capture the flag, big dodge & much more

****How do I register: See registration options on next page**