



21st Annual

Lou Lemire Summer Hockey Skills Camp

Come and be a part of this historic achievement!

Camp Location: Summerland, BC

Date: July 24-28, 2023

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? Please see information on back!**

