



AUGUST & SEPTEMBER 2022 HOCKEY CAMPS



Bell MTS Iceplex

CHECKING CAMP 10 hours \$350 & GST
AUGUST 2-5 or AUGUST 29 – SEPTEMBER 1 // ELIGIBILITY CRITERIA: 2009 YOB

DEFENCEMAN CAMP 10 hours \$350 & GST
AUGUST 2-5 // ELIGIBILITY CRITERIA: 2008, 2007 YOB

FEMALE U-SPORT & NCAA PREP CAMP 7 hours \$250 & GST OR 15 hours \$525 & GST
AUGUST 2-11 & AUGUST 2-25 // ELIGIBILITY CRITERIA: 2004 YOB & older

ALL GIRLS CAMP: U11, U13, U15 10 hours \$350 & GST
AUGUST 8-11 // ELIGIBILITY CRITERIA: 2013 THROUGH 2008 YOB

U9 INITIATION CAMP 10 hours \$350 & GST
AUGUST 15-18 // ELIGIBILITY CRITERIA: 2015, 2014 YOB

U11 COMPETITIVE CAMP 10 hours \$350 & GST
AUGUST 15-18 // ELIGIBILITY CRITERIA: 2013, 2012 YOB

U13 HIGH PERFORMANCE CAMP 10 hours \$350 & GST
AUGUST 15-18 // ELIGIBILITY CRITERIA: 2011, 2010 YOB

AAA CAMP 9 hours \$315 & GST
AUGUST 22 – 25 // ELIGIBILITY CRITERIA: 2009 THROUGH 2005 YOB AA or AAA

HIGH-SCHOOL PREP CAMP 10 hours \$350 & GST
AUGUST 22-SEPTEMBER 1 // ELIGIBILITY CRITERIA: 2007, 2006, 2005 YOB

AA CAMP 5 hours \$175 & GST
AUGUST 29-SEPTEMBER 1 // ELIGIBILITY CRITERIA: 2011, 2010, 2009, 2008 YOB

U7 CAMP 9 hours \$315 & GST
AUGUST 29-SEPTEMBER 1 // ELIGIBILITY CRITERIA: 2017, 2016 YOB

LEARN TO SKATE 4 X 50 minutes \$100 & GST
AUGUST 29-SEPTEMBER 1 // ELIGIBILITY CRITERIA: 2019 YOB & OLDER

PRE-SEASON DEVELOPMENT CAMP 10 hours \$350 & GST
SEPTEMBER 6-13 // ELIGIBILITY CRITERIA: 2017 THROUGH 2009 YOB



Defenceman Camp AUGUST 2 - 5

Checking Camps AUGUST 2 - 5 OR AUG 29-SEP 1

Jets Hockey Development under the instruction of Larry Bumstead are pleased to offer specialty programs for aspiring players who wish to improve and develop specific aspects of their game. Limited spaces are available; registration may be made online or contacting our office.

DEFENCEMAN CAMP AUGUST 2 - 5

10 HOURS ON ICE

\$350.00 + GST

ELIGIBILITY CRITERIA: 2008, 2007 YOB AA & AAA defencemen

(players will be separated on ice based on skill set to promote learning and skill development)

Defenceman Camp will focus on specific skills to develop strong defensive players. Specific skill work will cover:

Body blocks 1-1, 2-1, 3-2 situations • body position in front of the net • clearing the man legally from the net • net fronting, break-out options • working with your goalie • transition • walking the blue line • dragging the puck • gap control and adjusting gap control • 1 - 1 corners • neutral, defensive & offensive zone concepts • Shooting from the point, focus on getting pucks through from the point.

SCHEDULE:

Tuesday through Friday 11:20 am - 12:50 pm & 4:30 - 5:30 pm (2 sessions daily)

CHECKING CAMP AUGUST 2-5

10 HOURS ON ICE

\$350.00 + GST

CHECKING CAMP AUGUST 29-SEPT 1

10 HOURS ON ICE

\$350.00 + GST

ELIGIBILITY CRITERIA: 2009 YOB players, AA & House league

(players will be grouped based on their size, skill set and playing level by JHD Director)

Note: 2008 YOB players are welcomed to register

Checking Camp will provide skills and understanding of the progression of steps in body checking; players will gain confidence to use their body to separate the player from the puck. Players will be taught The 3 A's: Awareness, Action and Attitude

Instruction will include: Skating and edges • angling, positioning and timing • stick positioning receiving and giving a body check • contact along the boards • contact confidence • weight transfer techniques

AUGUST 2 - 5 CHECKING CAMP SCHEDULE:

House League Players

Tuesday through Friday 8:00 - 9:30 am & 2:10 - 3:10 pm (2 sessions daily)

AA Players

Tuesday through Friday 9:40 - 11:10 am & 3:20 - 4:20 pm (2 sessions daily)

Players are grouped by last season playing level; final grouping will be confirmed by email following registration.

AUGUST 29 - SEPTEMBER 1 CHECKING CAMP SCHEDULE:

AA Players:

Monday through Thursday..... 8:00 - 9:30 am & 12:00 - 1:00 pm daily



Female U-Sport & NCAA Prep

AUGUST 2-11, 15-25

Because players must arrive at college training camp ready to compete, what a player does off season influences their on-ice presence once with their team. Preparation is key so that players will demonstrate confidence and have an increased opportunity to excel showing coaching staff that you belong. It is important to have taken some time off the ice and to have focused on strength and conditioning training. The Female U-Sport & NCAA Prep Camp is the ideal program to complement the last few weeks of training before joining college teams. Players will be fresh and will maximize the benefit of the intensity and tempo of the on ice sessions.

ELIGIBILITY CRITERIA: Female players and goaltenders rostered to a college or university team for 2022-23 season.

Players may register for Preparatory Phase, August 2-11 only OR for FULL CAMP, August 2-11 & 15-25 (both phases)

PREPARATORY PHASE (FORWARDS, DEFENCE, & GOALTENDERS)

AUGUST 2-11 // 7 HOURS ON ICE // \$250.00 + GST

Purpose: Move players out of their comfort zone • Encourage execution of skills at high-tempo
Develop a higher lactic acid tolerance threshold to improve hockey specific fitness level.

Highlights: Overspeed skill training • Anaerobic tolerance • Assertive 1-1 puck skills • Individual tactics • Aerobic interval

Goaltender Development: Emphasis is on developing speed and explosiveness while increasing understanding of the aspects of goaltending. Tactics will include depth control, angles and shooter tendencies.

PREPARATORY PHASE SCHEDULE:

ALL sessions are weekday evenings (Friday-Saturday-Sunday are OFF) allowing players to work in daytime.

Tuesday August 2 through Thursday August 4 6:50-7:50 pm daily
Monday August 8 through Thursday August 11 6:50-7:50 pm daily

TACTICAL PHASE (FORWARDS, DEFENCE, & GOALTENDERS)

AUGUST 2-11 & 15-25 // 15 HOURS ON ICE // \$525.00 + GST

Purpose: To utilize a player's skill, speed and fitness levels and focus on executing
Team Play tactics and systems introduced and reinforced in competitive scrimmage components.

Highlights: Integrated Team Play Tactics • Flow Drills • Team Play Systems • Aerobic/Anaerobic Splits
Attack, Support, Recover Principles

Goaltender Development: Objective is to minimize footwork with efficient movement. The tactics include glove and stick placement in key situations. Additional skill components include save options, post save responses with tracking and recovery.

FULL CAMP SCHEDULE (PREPARATORY & TACTICAL PHASES):

ALL sessions are weekday evenings (Friday-Saturday-Sunday are OFF) allowing players to work in daytime.

Tuesday August 2 through Thursday August 4 6:50-7:50 pm daily
Monday August 8 through Thursday August 11 6:50-7:50 pm daily
Monday August 15 through Thursday August 18 6:50-7:50 pm daily
Monday August 22 through Thursday August 25 6:50-7:50 pm daily



All Girls Camp

Competitive & High Performance Camps

AUGUST 8 - 11

COMPETITIVE CAMP U11 Forward + Defence // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2013-2012 YOB

A progressive program that builds individual hockey skills emphasizing power skating, quick stick, passing and scoring, and entry level individual and team play tactics.

ICE TIME SCHEDULE: August 8 - 11 Monday-Thursday 9:40 - 11:10 am And 3:20 - 4:20 pm, 2 sessions daily

COMPETITIVE CAMP U11 Goaltenders // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2013-2012 YOB

Touches on basic stance & position. Focus is on improving goalie movements and shot preparation. Includes save selections, post save responses and recovery. The objective is timing shots with effective puck tracking techniques.

ICE TIME SCHEDULE: August 8 - 11 Monday-Thursday 9:40 - 11:10 am And 3:20 - 4:20 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U13 Forward + Defence // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2011-2010 YOB

Overspeed skill training emphasizing skill execution at a higher speed, and improving contact confidence and tactical understanding through advanced team play tactics that allow players to accelerate their game to the next level.

ICETIMESCHEDULE: August 8 - 11 Monday-Thursday 8:00 - 9:30 am And 2:10 - 3:10 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U13 Goaltenders // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2011-2010 YOB

Focus is on improving goalie movements and shot preparation. Includes save selections, post save responses and recovery. Tactics include depth control, angles and shooter tendencies.

ICETIMESCHEDULE: August 8 - 11 Monday-Thursday 8:00 - 9:30 am And 2:10 - 3:10 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U15 Forward + Defence // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2009-2008 YOB

Overspeed skill training emphasizing skill execution at a higher speed, and improving contact confidence and tactical understanding through advanced team play tactics that allow players to accelerate their game to the next level.

ICE TIME SCHEDULE: August 8 - 11 Monday-Thursday 11:20 am - 12:50 pm And 4:30 - 5:30 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U15 Goaltenders // 10 HOURS ON ICE \$350.00 + GST

ELIGIBILITY CRITERIA: 2009-2008 YOB

Emphasis on developing speed & explosiveness while increasing understanding of the tactical aspects of goaltending includes depth control, angles & shooter tendencies. Goal to enhance ice awareness & improve goalie reads.

ICE TIME SCHEDULE: August 8 - 11 Monday-Thursday 11:20 am - 12:50 pm And 4:30 - 5:30 pm, 2 sessions daily

NOTE: Players 2015-2014 YOB may register August 15-18 week, Players 2017-2016 YOB may register August 29 - September 1 week.



Initiation, Competitive & High Performance Camps

AUGUST 15-18

INITIATION CAMP U9 Forward + Defence // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2015-2014 YOB

Focus on the development of fundamental skating and all hockey specific skills, including puck control, passing and shooting, with an abundance of high energy games.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 11:20 am- 12:50 pm And 4:30 - 5:30 pm, 2 sessions daily

INITIATION CAMP U9 Goaltenders // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2015-2014 YOB

Focus is on Angles, Balance and Control (ABC). The primary objective is to improve goalie skating techniques with the common goal of maximizing net space.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 11:20 am- 12:50 pm And 4:30 - 5:30 pm, 2 sessions daily

COMPETITIVE CAMP U11 Forward + Defence // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2013-2012 YOB

A progressive program that builds individual hockey skills emphasizing power skating, quick stick, passing and scoring, and entry level individual and team play tactics.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 9:40 - 11:10 am And 3:20 - 4:20 pm, 2 sessions daily

COMPETITIVE CAMP U11 Goaltenders // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2013-2012 YOB

Touches on basic stance & position. Focus is on improving goalie movements and shot preparation. Includes save selections, post save responses and recovery. The objective is timing shots with effective puck tracking techniques.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 9:40 - 11:10 am And 3:20 - 4:20 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U13 Forward + Defence // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2011-2010 YOB

Overspeed skill training emphasizing skill execution at a higher speed, and improving contact confidence and tactical understanding through advanced team play tactics that allow players to accelerate their game to the next level.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 8:00 - 9:30 am And 2:10 - 3:10 pm, 2 sessions daily

HIGH PERFORMANCE CAMP U13 Goaltenders // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA: 2011-2010 YOB

Focus is on improving goalie movements and shot preparation. Includes save selections, post save responses and recovery. Tactics include depth control, angles and shooter tendencies.

ICE TIME SCHEDULE: August 15 - 18 Monday-Thursday 8:00 - 9:30 am And 2:10 - 3:10 pm, 2 sessions daily

NOTE: Players 2017-2016 YOB may register August 29 - September 1 week. August 15-18 and August 29-September 1 weeks are co-ed programs.



AAA Camp

AUGUST 22 – 25

An intensive 10-hour program designed to prepare all AAA eligible players to compete at AAA try-outs. The AAA Camp will help prepare players for tryouts providing the opportunity to reach the next level. **Goalies will work with a dedicated goaltender instructor.**

AAA CAMP // AUGUST 22 – 25 // 9 HOURS ON ICE // \$315.00 + GST

ELIGIBILITY CRITERIA:

Defence, Forwards and Goaltenders who in the 2021-2022 minor hockey season played:

2009 AA male or equivalent(AA, rural Rep or rural Gold in male division)

2008, 2007, 2006, 2005 YOB who played male U15, U17 or U18 AA or AAA

NOTE: 2009 AA group will have a large emphasis on all components of body checking for forwards & defence.

All registrations will be reviewed and approved by the program Director, families will be contacted if registrations are into an inappropriate program.

PREPARATORY PHASE (forwards & defence) directed by Larry Bumstead

Purpose: Move players out of their comfort zone • Encourage execution of skills at high-tempo
Develop a higher lactic acid tolerance threshold to improve hockey specific fitness level.

Highlights: Overspeed skill training • Anaerobic tolerance • Body checking • Assertive 1-1 puck skills
Individual tactics • Aerobic interval

TACTICAL PHASE (forwards & defence) directed by Larry Bumstead

Purpose: To utilize a player's skill, speed and fitness levels and focus on executing Team Play tactics and systems introduced and reinforced in competitive scrimmage components.

Highlights: Integrated Team Play Tactics • Flow Drills • Team Play Systems • Aerobic/Anaerobic Splits
Attack, Support, Recover Principles

GOALTENDER DEVELOPMENT

Purpose: Emphasis is on developing speed and explosiveness while increasing understanding of the aspects of goaltending. Tactics will include depth control, angles and shooter tendencies.

Objective: To minimize footwork with efficient movement. The tactics include glove and stick placement in key situations. Additional skill components include save options, post save responses with tracking and recovery.

AAA CAMP SCHEDULE: AUGUST 22 – 25 9 hours \$315.00 & GST

2009 AA // Monday-Thursday 8:45 – 10:00 am & 2:10 – 3:10 pm, 2 sessions daily

2008 AA & 2008 AAA // Monday-Thursday 10:10 – 11:25 am & 3:20-4:20 pm, 2 sessions daily

2007, 2006, 2005 AA/AAA // Monday-Thursday 11:35 am – 12:50 pm & 4:30-5:30 pm, 2 sessions daily

Schedule allows for players to co-ordinate off-ice training between ice sessions; Players can contact Focus Fitness for specific details on training and conditioning options.

2022 HOCKEY CAMPS // REGISTER ONLINE AT BELLMTSICEPLEX.CA

FOR INFORMATION CONTACT LARRY AT 204 - 926 - 5866 // LBUMSTEAD@TNSE.COM • OR KATHY: KBUMSTEAD@TNSE.COM



High School Prep Camp

AUGUST 22-25 & AUGUST 29 – SEPT 1

A structured 10-hour program designed to prepare all eligible players to compete at High School try-outs. The High School Prep Camp places players with the interest to play High School hockey into progressive and challenging drills. **Goalies will work with a dedicated goaltender instructor.**

HIGH SCHOOL PREPCAMP // 10 HOURS ON ICE // \$350.00 + GST

ELIGIBILITY CRITERIA:

2007, 2006, 2005 YOB Players & Goaltenders interested to try-out for High School hockey

ALL sessions are weekday evenings (Friday-Saturday-Sunday are OFF) allowing players to work in daytime.

Monday August 22 through Thursday August 25 5:40 – 6:40 pm daily
Monday August 29 through Thursday September 1 5:10 – 6:40 pm daily



AA Camp

AUGUST 29 – SEPTEMBER 1

An intensive 5-hour program designed to prepare all AA eligible players to compete at AA try-outs. The goal is to begin preparations for players for tryouts. **Goalies will work with a dedicated goaltender instructor.**

AA CAMP // 5 HOURS ON ICE // \$175.00 + GST

ELIGIBILITY CRITERIA: 2011, 2010, 2009, 2008 YOB Male & Female Players & Goaltenders

SCHEDULE:

2011 & 2010 YOB // Monday–Thursday 2:20 – 3:35 pm 2009 & 2008 YOB // Monday–Thursday 3:45 – 5:00 pm

NOTE: This camp is ideally suited for players that plan to attend AA try-outs. 2009 & 2008 YOB players that plan to attend AAA try-outs may also register for the AAA Camp August 22-25. For those players that will not attend AA try-outs, the Pre-Season Development Camp September 6-13 is most suitable development option.

PLAYER DEVELOPMENT:

Purpose: Move players out of their comfort zone • Encourage execution of skills at high-tempo
Develop a higher lactic acid tolerance threshold to improve hockey specific fitness level.

Highlights: Overspeed skill training • Anaerobic tolerance • Body checking • Assertive 1-1 puck skills
Individual tactics • Aerobic interval

GOALTENDER DEVELOPMENT:

Purpose: Emphasis is on developing speed and explosiveness while increasing understanding of the aspects of goaltending. Tactics will include depth control, angles and shooter tendencies.

Highlights: To minimize footwork with efficient movement. The tactics include glove and stick placement in key situations. Additional skill components include save options, post save responses with tracking and recovery.



Initiation U7 Camp

(previously Right Start Hockey Skills Camp)

AUGUST 29 – SEPTEMBER 1

INITIATION CAMP U7 Forward + Defence or Goaltenders

ELIGIBILITY CRITERIA: 2017-2016 YOB // 9 HOURS ON ICE \$315.00 + GST

ICETIMESCHEDULE: Monday-Thursday 9:40 – 10:55 am and 1:10 – 2:10 pm, two sessions daily

PLAYER DEVELOPMENT:

An entry level program focused on the development of fundamental skating, puck control, passing, shooting, and contact confidence incorporating fun and progressive drills and an abundance of high energy games.

GOALTENDER DEVELOPMENT:

An entry level goaltender program focused on angles, balance and control (ABC's). The primary goal is to improve goaltender skating techniques and maximizing net space. **Goalies will work with a dedicated goaltender instructor.**



Learn to Skate

(previously Right Start Hockey Skating Camp)

AUGUST 29 – SEPTEMBER 1

Learn to Skate ELIGIBILITY CRITERIA: 2019 YOB & older

// 4 sessions X 50 minutes ON ICE \$100.00 + GST

ICE TIME SCHEDULE: Monday-Thursday 11:00 – 11:50 am

A fun filled on ice program that allows players to develop confidence and entry level skating skills in a fun low structured program with an abundance of high energy activity. Children must be able to go on ice without parent.

Equipment required: skates & CSA approved helmet and protective mittens or gloves; it is suggested that the child wears protective elbow and knee pads.



Pre-Season Development Camp

SEPTEMBER 6-13 10 hours \$350.00 & GST

INITIATION PHASE Under 7 Camp

ELIGIBILITY CRITERIA: 2017-2016 YOBSkaters

An Initiation Phase Camp that focuses on fundamental skills, contact confidence and awareness, puck control, passing, shooting, agility, balance and coordination.

INITIATION PHASE Under 7 Goaltender Camp

ELIGIBILITY CRITERIA: 2017-2016 YOBSkaters

An Initiation Phase Camp for starting goaltenders that focuses on the fundamentals including: basic stance and position, angles, balance and control, glove and stick placement, T-pushes, shuffles and loads.

Under 7 Schedule

Sept 6 @ 5:00 – 6:00 PM
 Sept 7 @ 6:10 – 7:10 PM
 Sept 8 @ 6:10 – 7:10 PM
 Sept 9 @ 7:20 – 8:20 PM

Sept 10 @ 8:00 – 9:00 AM
 Sept 10 @ 1:50 – 2:50 PM
 Sept 11 @ 11:30 – 12:30 PM
 Sept 11 @ 5:20 – 6:20 PM

Sept 12 @ 5:00 – 6:00 PM
 Sept 13 @ 6:10 – 7:10 PM

COMPETITIVE PHASE Under 9 Camp

ELIGIBILITY CRITERIA: 2015-2014 YOBSkaters

This camp transitions from IP to Competitive Phase. Focuses on power skating dynamics, quick stick, passing and scoring, contact confidence, individual and team tactics and overspeed skill training.

COMPETITIVE PHASE Under 9 Goaltender Camp

ELIGIBILITY CRITERIA: 2015-2014 YOBSkaters

This camp transitions from IP to Competitive Phase. Focuses on efficient goalie movement, position and stance and shot preparation and puck handling, technique save selections, post save responses and recovery and to build strong technique with strong balance.

Under 9 Schedule

Sept 6 @ 6:10 – 7:10 PM
 Sept 7 @ 5:00 – 6:00 PM
 Sept 8 @ 7:20 – 8:20 PM
 Sept 9 @ 6:10 – 7:10 PM

Sept 10 @ 9:10 – 10:10 AM
 Sept 10 @ 3:00 – 4:00 PM
 Sept 11 @ 8:00 – 9:00 AM
 Sept 11 @ 1:50 – 2:50 PM

Sept 12 @ 6:10 – 7:10 PM
 Sept 13 @ 5:00 – 6:00 PM

COMPETITIVE PHASE Under 11 Camp

ELIGIBILITY CRITERIA: 2013-2012 YOBSkaters

A competitive phase camp that enforces attack, support and recovery techniques, skills and tactics, advanced individual and team play tactics. Includes overspeed skill training and aerobic / anaerobic tolerance.

COMPETITIVE PHASE Under 11 Goaltender Camp

ELIGIBILITY CRITERIA: 2013-2012 YOBSkaters

A competitive phase camp that instructs shot preparation and puck handling, technique save selections and recovery with appropriate leg and transition to subsequent saves, and tactical thinking.

Under 11 Schedule

Sept 6 @ 7:20 – 8:20 PM
 Sept 7 @ 8:30 – 9:30 PM
 Sept 8 @ 5:00 – 6:00 PM
 Sept 9 @ 8:30 – 9:30 PM

Sept 10 @ 10:20 – 11:20 AM
 Sept 10 @ 4:10 – 5:10 PM
 Sept 11 @ 9:10 – 10:10 AM
 Sept 11 @ 3:00 – 4:00 PM

Sept 12 @ 7:20 – 8:20 PM
 Sept 13 @ 7:20 – 8:20 PM

COMPETITIVE/HIGH PERFORMANCE PHASE

ELIGIBILITY CRITERIA:

2011-2010 YOBSkaters Under 13 Camp

2009 YOBSkaters Under 15 Camp

A competitive/high performance phase camp that includes aggressive attack, support and recovery techniques, contact confidence and checking skills, advanced individual and team play tactics. There is a strong emphasis on 1-1 puck skills and essential team play tactics.

COMPETITIVE/HIGH PERFORMANCE PHASE GOALTENDERS

ELIGIBILITY CRITERIA:

2011-2010 YOBSkaters Under 13 Camp

2009 YOBSkaters Under 15 Camp

A competitive / high performance phase camp that develops speed and explosiveness with strong technique, depth control, angles and shooter tendencies and a focus on ice awareness and improving on anticipation.

U13 & U15 Schedule

Sept 6 @ 8:30 – 9:30 PM
 Sept 7 @ 7:20 – 8:20 PM
 Sept 8 @ 8:30 – 9:30 PM
 Sept 9 @ 5:00 – 6:00 PM

Sept 10 @ 11:30 – 12:30 PM
 Sept 10 @ 5:20 – 6:20 PM
 Sept 11 @ 10:20 – 11:20 AM
 Sept 11 @ 4:10 – 5:10 PM

Sept 12 @ 8:30 – 9:30 PM
 Sept 13 @ 8:30 – 9:30 PM