



Vancouver Minor Hockey Association

VMHA 2010 Skill Development Clinics Atom Summer Hockey School August 16-20

Hockey School Details:

Cost: \$275 (price includes HST)

Meal Plan: Add \$35

Location: Britannia

Time: 9:00 am to 3:15 pm

Camp Focus: to prepare players for the 2010/11 season in a fun, competitive environment with the focus on skill development through proper teaching points and execution points. Players will be challenged with appropriate drills and encouraged to better their own performance daily.

Details: 9 hours of ice: power skating, edge control, puck control, shooting, passing, and scoring
5 hours of dry-land training: quickness, agility, reactivity, core, balance and strength training
3.5 hours of hockey specific dry-land: shooting and puck handling
Daily games and fun activities: soccer, basketball, capture the flag and more

Head Instructors: Aaron Wilbur, Assistant Coach UBC Thunderbirds, Jay Aikenhead, Bantam A1 Head Coach

Goal: To have high quality instruction with emphasis on learning new skills and having fun while keeping the costs affordable for our members.

How to Register:

On Line: (with Credit Card or Cheque) at: http://vmha.techsys.tv/wvcontent/event_reg_page.asp?appid=vmha