



Vancouver Minor Hockey Association

## **VMHA 2010 Skill Development Clinics Bantam 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, Asst 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](http://vmha.techsys.tv/wvcontent/event_reg_page.asp?appid=vmha)