



VMHA 2010 Skill Development Clinics Bantam Midget Defenseman/Forward Camp

Camp Details:

Cost: \$95 (price includes HST)

Ice: 6.5 hours

Location: Britannia Arena

Minimum- Maximum Registration: 14-22 players (**open to all players playing Bantam or Midget next year**)

*Note: If minimum registration is not met by June 30th group will be cancelled and refunds issued

Group Focus: Skills and tactics addressed will be position specific: skating skills, skill development and tactical play

Format:

- Half of the ice will be dedicated to forward skill development and the other half will be dedicated to defensemen development.
- 15 mins skill/skating warm-up
- 45 mins position specific skill/tactical development
- 15 mins small area games or individual challenges

Instructors: Aaron Wilbur (Assistant coach for the UBC Thunder Birds) & Jay Aikenhead (Head Coach of the VMHA Bantam A1)

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

Schedule			
Day of Week	Date	Start Time	End Time
Sunday	July 11/10	5:00PM	6:15PM
Sunday	July 18/10	5:00PM	6:15PM
Sunday	July 25/10	5:15PM	6:30PM
Sunday	Aug 08/10	5:00PM	6:15PM
Sunday	Aug 15/10	5:00PM	6:15PM

How to Register:

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