



Camp: Atom Training Camp Week 1

Cost: \$100

Goalies Free

24 Skater Maximum

6.25 Hours of Ice

Day		Time	Hours	Rink
Monday	13-Aug	10:15 - 11:30 am	1.25	Britannia
Tuesday	14-Aug	9:45 - 11:00 am	1.25	Britannia
Wednesday	15-Aug	8:30 - 9:45 am	1.25	Britannia
Thursday	16-Aug	8:30 - 9:45 am	1.25	Britannia
Friday	17-Aug	7:30a - 8:45am	1.25	Britannia

Head Instructor: Jay Aikenhead

Atom Rep Prep is designed to get players back on the ice and ready for the upcoming season. Over the 5 day camp players will learn and refresh their hockey skills such as: edge work, stick handling, passing, shooting and game play. All levels are welcome but the curriculum is designed for players trying out for a VMHA rep team this upcoming season. There will be a minimum of 6:1 student to instructor ratio on the ice during this camp.

- Email: hockey-director@vmha.com
- Twitter: [@VanMinorHockey](https://twitter.com/VanMinorHockey)