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### **Camp: Bantam/Midget Checking Clinic**

Cost: Free

Maximum Skaters 30

2.5 Hours of Ice

| Day     |        | Time            | Hours | Rink      |
|---------|--------|-----------------|-------|-----------|
| Tuesday | 14-Aug | 5:30pm - 6:45pm | 1.25  | Britannia |
| Tuesday | 21-Aug | 5:30pm - 6:45pm | 1.25  | Britannia |

Head Instructor: Jay Aikenhead

Bantam/Midget Checking clinic is for players moving into Bantam or Midget Rep for the first time. This is a free clinic where participants will learn the skills needed to play full contact hockey. Players will be educated on safety as well as proper techniques. Their knowledge will be checked in controlled drills that will allow them to give and absorb checks in a variety of situations. All Bantam and midget aged players that would like to play rep welcome.

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