



Camp: Bantam/Midget Off Ice Skills Camp Week 1

Add on for on-ice camp

Cost: \$20

Maximum 24 Players

3 Hours of off ice skills training

Day		Time	Hous	Rink
Monday	13-Aug	2:15 - 3:00 pm	0.75	Britannia
Tuesday	14-Aug	3:00 - 3:45pm	0.75	Britannia
Thursday	16-Aug	2:00 - 3:45 pm	0.75	Britannia
Friday	17-Aug	2:15 - 3:00 pm	0.75	Britannia

Head Instructor: Stu Windsor

The off ice sessions will reflect the general theme of the connected on ice component. So if we are to focus on skating, then exercises will revolve around proper muscle engagement, explosiveness, balance, posture, etc. If for example we are working on puck control then we will work on the mechanics of proper stick handling, maneuvering through obstacle courses and building comfortability with the puck. All pre ice sessions will include work to get the heart going, a stretch, engagement of all the fundamental muscles then execution of the actual development. All post ice sessions will finish with a cool down and stretch.

This is an opportunity for players to improve on the fundamentals of their game, in a more comfortable (in shoes) environment.

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