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### **Camp: H3/H4/Atom/Peewee Battle and Checking Skills**

Cost: \$100

Maximum Skaters 24

6.25 Hours of Ice

Day		Time	Hous	Rink
Monday	20-Aug	11:45 am - 11:5 pm	1.5	Britannia
Tuesday	21-Aug	11:15 am - 12:30 pm	1.25	Britannia
Wednesday	22-Aug	10:00 - 11:00 am	1	Britannia
Thursday	23-Aug	10:00 - 11:15 am	1.25	Britannia
Friday	24-Aug	10:30am - 11:45am	1.25	Britannia

Head Instructor: Jay Aikenhead

H3/H4/Atom/Peewee Battle and Checking Skills camp will teach participants the proper way to engage other players physically. Players will learn how to use their body on offence and defence and will be able to practice these skills in controlled battle scenarios against appropriate competition. All levels are welcome, most of the teaching will be in small groups to ensure proper progression and challenge. There will be a minimum of 6:1 student to instructor ratio on the ice during this camp.

- Email: [hockey-director@vmha.com](mailto:hockey-director@vmha.com)
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