



**HIGH CALIBRE HOCKEY
REP PREP CAMP
AUGUST 9TH 10TH 11TH 2024**

GROUP #1: 2016, 2015, 2014 – U11

GROUP #2: 2013, 2012 – U13

GROUP #3: 2011, 2010, 2009, 2008, 2007 – U15 AND U18

DATES: AUGUST 9TH 10TH 11TH 2024

TIME: SCHEDULE IS POSTED ON OUR WEBSITE: WWW.HIGHCALIBREHOCKEY.COM

INCLUDES: 2 ON ICE SESSIONS AND 1 DRY LAND SESSION PER DAY AND HIGH CALIBRE HOCKEY JERSEY

COST: \$350.00 PLUS GST (\$367.50)

LOCATION: SPORTS CENTER 1, COURTENAY, BC

OVERVIEW: THIS WILL BE A HIGH PACED CAMP FOCUSED ON GETTING PLAYERS READY FOR THE UPCOMING SEASON. WE WILL BE FOCUSING ON POWER SKATING, EDGE CONTROL, PASSING, SHOOTING, DEFENCE AND FORWARD SPECIFIC DRILLS. WE WILL ALSO INCORPORATE SMALL AREA GAMES, SCRIMMAGES AND PROGRESSION BASED DRILLS TO HELP PLAYERS IMPROVE IN A FUN, SAFE AND ENCOURAGING ENVIRONMENT. PLAYERS WILL ALSO ATTEND OFF ICE TRAINING SESSIONS WITH FOCUSES ON STRENGTH TRAINING, CARDIO AND FLEXIBILITY. OFF ICE SESSIONS WILL BE HELD AT VANIER TRACK AND LEAD BY OFF ICE INSTRUCTOR ERIC DEMONTREAL.

FOR REGISTRATION AND QUESTION PLEASE EMAIL: HIGHCALIBREHOCKEY@GMAIL.COM