



## **HIGH CALIBRE HOCKEY FEMALE DEVELOPMENT CAMP AUGUST 6<sup>TH</sup> 7<sup>TH</sup> 8<sup>TH</sup> 2024**

**AGES: GROUP 1: BIRTHDATES – 2018, 2017, 2016, 2015**

**GROUP 2: BIRTHDATES – 2014, 2013, 2012, 2011, 2010**

**DATES: AUGUST 6<sup>TH</sup> 7<sup>TH</sup> 8<sup>TH</sup> 2024**

**TIMES: GROUP 1: 12:15-1:15PM**

**GROUP 2: 3:15-4:15PM**

**COST: \$175.00 PLUS GST (\$184.00)**

**LOCATION: SPORTS CENTER 1, COURTENAY, BC**

**OVERVIEW: OUR FEMALE DEVELOPMENT CAMP WILL FOCUS ON SKATING, PUCK CONTROL, PASSING, SHOOTING, AND OTHER SKILL DEVELOPMENT. THIS CAMP IS OPEN TO FEMALES OF ALL LEVELS AND PLAYERS WILL BE GROUPED WITH THEIR OWN SKILL LEVEL THROUGHOUT THE CAMP. PLAYERS WILL BE CHALLENGED IN A POSITIVE AND ENCOURAGING ENVIRONMENT AND EACH SESSION WILL BUILD ON THE PREVIOUS ONE FOCUSING ON PROGRESSION BASED RESULTS. THE FIRST HALF OF THE PRACTICE WILL BE DEDICATED TO INDIVIDUAL SKILLS: POWER SKATING, EDGE WORK, PASSING, SHOOTING, AS WELL AS OTHER ASPECTS OF SKILL DEVELOPMENT. IN THE SECOND HALF PLAYERS WILL BE BROKEN INTO SMALL GROUPS AND WORK ON GAME SITUATION DRILLS AND SMALL AREA GAMES THAT WILL TRANSLATE INTO ACTUAL GAME PLAY.**

**\*\* GOALIES ARE ½ PRICE OR \$50 WITH GOALIE DEVELOPMENT CAMP REGISTRATION \*\***

**PLEASE CONTACT: [HIGHCALIBREHOCKEY@GMAIL.COM](mailto:HIGHCALIBREHOCKEY@GMAIL.COM) FOR REGISTRATION OR QUESTIONS**