



**HIGH CALIBRE HOCKEY
POWER SKATING, EDGE CONTROL AND SPEED CAMP
AUGUST 12TH 13TH 14TH 15TH 2024**

**AGES: GROUP 1: 2019, 2018, 2017, 2016
GROUP 2: 2015-2008**

DATES: AUGUST 12TH 13TH 14TH 15TH 2024

TIME: GROUP 1: 8:15-9:15AM

GROUP 2: 12:15-1:15PM

COST: \$225.00 PLUS GST (\$236.00)

LOCATION: SPORTS CENTER 1, COURTENAY BC

OVERVIEW: OUR POWER SKATING, EDGE CONTROL AND SPEED CAMP WILL FOCUS ON SKATING SPECIFIC SKILLS THAT WILL HELP PLAYERS BECOME MORE CONFIDENT AND STRONGER SKATERS. PLAYERS OF ALL LEVELS AND AGES ARE WELCOME TO ATTEND THE CAMP AND PLAYERS WILL BE GROUPED WITH THEIR OWN SKILL LEVELS TO ENSURE PLAYERS SET UP FOR SUCCESS. WE WILL BREAKDOWN EDGE CONTROL AND HOW TO MOST EFFICIENTLY SKATE AND PRODUCE POWER AND SPEED. WE WILL ALSO SHOW PLAYERS STRIDE LENGTH, PROPER BODY AND LEG POSITIONING THAT WILL TRANSLATE IN A BETTER STRIDE AND INTURN CREATE A MORE CONFIDENT PLAYER. WE WILL ALSO HAVE A FOCUS ON AGILITY, BALANCE AND CONTROL AND INTEGRATING THESE SKILLS INTO DRILLS AND GAME PLAY.

TO REGISTER PLEASE EMAIL: HIGHCALIBREHOCKEY@GMAIL.COM