



## HIGH CALIBRE HOCKEY SPRING BREAK CAMP 2024

**WHEN:** MARCH 25<sup>TH</sup> TO 27<sup>TH</sup>, 2024

**TIME:** SEE SCHEDULE BELOW

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

**COST:** \$149.00 PLUS GST

**DESCRIPTION:** HIGH CALIBRE HOCKEY IS HOSTING A THREE-DAY SPRING BREAK CAMP. WE WILL BE WORKING ON INDIVIDUAL SKILL DEVELOPMENT WITH A FOCUS ON EDGE CONTROL, POWER SKATING, SHOOTING, PASSING AND ALL OTHER ASPECTS OF SKILL DEVELOPMENT. WE WILL HAVE AN EXPERIENCED COACHING STAFF ON THE ICE FOCUSED ON DEVELOPING EACH PLAYER. ALL SESSIONS WILL BE LED BY CAM KNOX WHO IS A CERTIFIED HOCKEY CANADA SKILLS COACH. PLAYERS WILL PRACTICE IN A FUN, SAFE AND ENCOURAGING ENVIRONMENT WORKING WITH DRILLS THAT WILL TRANSLATE TO IMPROVED PERFORMANCE ON THE ICE. PLAYERS WILL BE GROUPED BY AGE AND SKILL LEVEL AND PRACTICES WILL BE STATION BASED AND SMALL AREA GAMES FOCUSED.

**DATES:** MARCH 25<sup>TH</sup>, 26<sup>TH</sup>, 27<sup>TH</sup>, 2024

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

**TIMES:** 2017-2014: MARCH 25<sup>TH</sup> 4:30-5:30PM, MARCH 26<sup>TH</sup> 4:30-5:30PM, MARCH 27<sup>TH</sup> 4:45-5:45PM

2013-2010: MARCH 25<sup>TH</sup> 5:45-6:45PM, MARCH 26<sup>TH</sup> 5:45-6:45PM, MARCH 27<sup>TH</sup> 6:00-7:00PM

**COST:** \$149.00 PLUS GST (\$157.00) – E-TRANSFERS TO: [highcalibrehockey@gmail.com](mailto:highcalibrehockey@gmail.com) WORKS BEST FOR PAYMENT AND PLEASE ADD YOUR SON'S/DAUGHTER'S NAME, SPRING BREAK CAMP AND BIRTHDATE IN THE ETRANSFER MESSAGE.

**GOALIES** ½ PRICE \$75 PLUS GST (\$78.00)

PAYMENT WILL CONFIRM REGISTRATION.

FOR REGISTRATION, PLEASE EMAIL [highcalibrehockey@gmail.com](mailto:highcalibrehockey@gmail.com)

PLEASE INCLUDE:

NAME

BIRTHDATE

EMERGENCY CONTACT

