

Optimal Performance Power Skating & Hockey Skills Camp – (ages 7 - 11 years)

This program is designed for intermediate to advanced 8-11 year old hockey players focusing on the following different skills:

- a) Skating stride – proper extension, knee bend, overall technique, and learning how to incorporate these skills into game situations.
- b) Power skating – stopping, crossovers, lateral movement, agility, balance, posture, backwards skating, tight/full turns, pivoting, and leg strength.
- c) Hockey Skills – stick handling, shooting, passing

Camp includes 3 hours on the ice each day. All other activities throughout the day are off-ice.

Full day camp- 8:30am - 4:30pm
December 28th – December 31st, 2009 (4 days)

*Full hockey equipment required to enter the ice surface

PRICE: \$225/ 4 day camp

Contact Anthony Knapp, Program Manager at 254-1010 (201) or email dakotaccpm@shaw.ca