

## **2009 Christmas Camps**

### **1. Optimal Elite Skating & Skills Camp – (ages 9 - 13 years)**

This program is designed for experienced hockey players. A1, AA, AAA caliber is required. The on-ice portion of the camp will have high intensity, with participants expected to come ready to work hard, and listen harder. Drills will be done at game speed, with instructors closely watching to be sure proper techniques are being performed. Instructor feedback will be direct, and personal to each participant. This is a full day camp with check in time at 8:30am and pick-up at 4:30pm. 3 hours on-ice instruction per day, with a full game played the final afternoon of the program.

Full day camp – 8:30am – 4:30pm  
**December 28<sup>th</sup> – December 31<sup>st</sup>, 2009 (4 days)**

\*Full hockey equipment required to enter the ice surface

**PRICE: \$225/4 day camp**

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

This program is designed for intermediate to advanced 7-11 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 28<sup>th</sup> – December 31<sup>st</sup>, 2009 (4 days)**

\*Full hockey equipment required to enter the ice surface

**PRICE: \$225/ 4 day camp**

### **3. Optimal Performance Future Stars – (ages 5-6 years)**

This is a morning program designed for young children looking to improve upon their hockey skills. There will be 1 and ½ hours spent on the ice, with 1 hour instruction and ½ an hour of on-ice games per day. The children will also participate in many different off ice activities and games, in a fun and very safe environment. Space will be limited to ensure high quality programming.

Half day camp – 8:30am – 12:00pm  
**December 28<sup>th</sup> – December 31<sup>st</sup>, 2009 (4 days)**

**PRICE: \$159/4 day camp**

### **4. Optimal Super Sports Camp – (ages 6 - 12 years)**

This program is designed for participants looking to get active and enjoy playing a variety of different sports in a fun environment. The day will include sports such as basketball, soccer, kickball, dodge ball, among many others. There will also be a time for on-ice free skating, and activities such as bingo, jeopardy or scavenger hunts. Over the lunch break time will also be taken to relax and watch a movie.

Full day camp: 8:30am – 4:30pm  
**December 28<sup>th</sup> – December 31<sup>st</sup>, 2009 (4 days)**

\* Helmet, gloves, skates are required for free skate

**PRICE: \$149/4 day camp**

**EXTRA INFORMATION FOR ALL CAMPS:**

**Please remember to bring:**

- gym shoes
- shorts, t-shirt, extra socks
- juice and snacks
- outdoor clothes (depending on the season of the camp)
- water bottle
- lunch

**Please don't bring:**

- walkman
- video games of any kind

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