

Up Coming Dakota C.C. Programs !

- ***Dakota C.C. Spring Break & Summer Day Camps !***
 - ***Spring & Summer Adult & Youth Recreational Hockey Leagues***
 - ***Athletic Performance & Optimal Training Academy Programs***
- 1) **Spring Break Hockey Skills & Scrimmage Camps: March 30 – April 3rd, 2009. Age 6 +.** Similar to the Christmas programs, options include the Hockey Skills or Power Skating Performance Programs as well as Hockey Skills & Scrimmage Camps. **From \$50.00.**
 - 2) **NEW – MORE GAMES - Youth Rec. Hockey Leagues: July - August. Ages 8 - 17.** Male and Female players play a minimum 18 game schedule. Recreational Philosophy. No try-outs or summer long weekends. Designed to be ability appropriate for all players – A1, A2, A3, AA, AAA and High School. First come-First serve. Coaches, Referees, timekeepers, Attractive Dakota Youth League Game Jersey included. Weekday evenings only. **All for only \$250.00 !**
 - 3) **Optimal Training Program – October to April Ages 10 +.** Continuing to pioneer the first long term training program, this exciting new initiative is designed to introduce, educate and apply young athletes to the “ABC’s of athleticism” being agility, balance, coordination and speed. Plus fun games & activities to enhance all techniques. Head Instructor: Dakota C.C.’s Strength and Conditioning Coach Terry Hadlow. Weekday evenings and weekends. Teams welcome. **10 Sessions: \$95.00**
 - 4) **Dakota’s Optimal Development Hockey Summer Day Camps: August. Ages 5 - 17 . *** Full Week Optimal Goaltenders Performance Camps, Optimal Hockey Development, Hockey & Sports. All Programs include On ice Instruction with Billy Keane, as well as Goaltenders Coach Matt Cockell and his staff. Male and Female players welcome. Full day programs include 1 week & 2 week camps. **From \$250.00 to \$630.00**
 - 5) **Spring Adult Hockey League: Approx. April 7 to June 7.** Ability appropriate divisions. Minimum 14 game schedule. All team make the play-offs. Competitive and Recreational Divisions with a recreational philosophy. **\$1700.00 per team or \$150.00 for single players**
 - 6) **Summer Adult Hockey League: Approx. June 7 – September 15.** Ability appropriate divisions. Minimum 20 game schedule. All team make the play-offs. Competitive (ends Sept. 1st) and Recreational Divisions (ends Sept. 15th) with a recreational philosophy. **\$2700.00 per team or \$220.00 for single players**
 - 7) **Optimal Training Academy: May 1 - August 30.** The most advanced Athletic Performance sessions and strategies available for skaters and Goaltenders. The OTA Program includes 12 weeks of a minimum of 1 on ice session per week with on-ice coach Billy Keane, as well as opportunities to play in the Dakota C.C. Summer Hockey League. Goaltending Coach Matt Cockell and his staff will host Goaltenders sessions for 16 weeks. Strength Training Coach Terry Hadlow will host 4-6 Optimal Training Academy sessions per week. Program athletes include elite Pee Wee, Bantam, Midget, Junior, College & Pro hockey players. For more details call Billy Keane at 254-1010 or website dakotacc.com

“It’s About Fun & Skill Development”