

## **OPTIMAL PRE-TRY OUT POWERSKATING AND HOCKEY SKILLS CAMP (AGES 11-13)**

PRICE: \$199.00

**8 Hours of specific on-ice instruction designed to prepare your son or daughter for the upcoming tryouts and winter season.**

-THE CLASS IS OPEN TO HOCKEY PLAYERS

-THE CLASS WILL COMBINE POWERSKATING TECHNIQUES AND BASIC HOCKEY SKILLS THAT WILL ENHANCE PLAYERS CURRENT SKILL LEVEL AND PHYSICAL FITNESS

-CLASSES WILL BE INTENSE, AND PLAYERS SHOULD LEAVE IN SHAPE AND READY FOR THE TRYOUTS OR UPCOMING SEASON

-FREE JERSEY WITH REGISTRATION

- HEAD INSTRUCTOR: ANTHONY KNAPP

### **Sessions:**

- 1. Monday, August 23<sup>rd</sup> @ 6:30pm – Dakota South**
- 2. Saturday, August 28<sup>th</sup> @ 12:40pm – Dakota South**
- 3. Sunday, August 29<sup>th</sup> @ 12:40pm – Dakota South**
- 4. Tuesday, August 31<sup>st</sup> @ 7:40pm – Dakota South**
- 5. Thursday, September 2<sup>nd</sup> @ 6:30pm – Dakota South**
- 6. Thursday, September 9<sup>th</sup> @ 5:10pm – Dakota South**
- 7. Friday, September 10<sup>th</sup> @ 6:20pm – Dakota South**
- 8. Saturday, September 11<sup>th</sup> @ 12:40pm – Dakota South**