

## **OPTIMAL PRE-TRY OUT GIRLS ONLY POWERSKATING AND HOCKEY SKILLS CAMP (AGES 13-16) – BANTAM & MIDGET**

PRICE: \$125.00

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

-THE CLASS IS OPEN TO FEMALE 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 30<sup>th</sup> @ 6:30pm – Dakota South**
- 2. Wednesday, September 1<sup>st</sup> @ 6:30pm – Dakota South**
- 3. Monday, September 6<sup>th</sup> @ 6:20pm – Dakota South**
- 4. Wednesday, September 8<sup>th</sup> @ 6:00pm – Dakota South**
- 5. Saturday, September 11<sup>th</sup> @ 10:20am – Dakota South**
- 6. Sunday, September 12 @ 10:20am – Dakota South**