

Registration Information

Payment can be made over the phone, in person at the Main Office or online at www.dakotacc.com. Payment is due in full; debit, VISA, MasterCard, cash, or cheques are accepted.

The Program Manager reserves the right to move the participants from one team/camp to another to ensure a high quality experience for the participant.

Online Registration!

Visit <http://www.dakotacc.com> for more information regarding our spring break camp, and register today!



Contact Information

Dakota Community Centre
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Dakota Community Centre

Optimal Spring Break Hockey & Sport Camps

March 26th - March 30th, 2012
Ages 4 - 13



2012 Spring Break Camps

These programs are designed for hockey players. The on-ice portion of the camp will have high structure, with participants expected to come ready to work and listen hard. Drills will be completed with instructors closely watching to ensure the kids are using proper techniques. Instructors will provide feedback to all kids throughout the drills. This is a full day camp with check in time at 8:30am and pick-up at 4:00pm. 3 hours on-ice instruction per day for kids aged 7+ and 2 hours per day for the future stars camp.

Optimal Performance Power Skating & Hockey Skills Camp (Ages 7 - 10 years)

This program is designed for 7-10 year old hockey players focusing on the following different skills:

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

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

Full day camp- 8:30am - 4:00pm
March 26 – March 30, 2012
PRICE: \$325/5 day camp

Optimal Power Skating & Hockey Skills Camp (Ages 10 - 13 years)

This program is designed for 10-13 year old hockey players focusing on the following different skills:

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

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

Full day camp – 8:30am – 4:00pm
March 26 – March 30, 2012
PRICE: \$325/5 day camp

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 – 4:00pm
March 26 – March 30, 2012
PRICE: \$260/5 day camp



Optimal Performance Future Stars Camp (Ages 4-6 years)

This program is designed for young children looking to improve upon their hockey skills. There will be 2 hours spent on the ice 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.

Full day camp – 8:30am – 4:00pm
March 26 – March 20, 2012
PRICE: \$300/5 day camp



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