

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.



Contact Information

Dakota Community Centre
Anthony Knapp
Program Manager
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Visit <http://www.dakotacc.com> for more information regarding our spring break camp, and register today!

Dakota Community Centre

Optimal Spring Break Hockey and Sport Camps

March 29th - April 1st, 2010
Ages 5 - 13



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

This program is designed for experienced hockey players. 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. 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
March 29th – April 1st, 2010 (4 days)
PRICE: \$225/4 day camp

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

This program is designed for intermediate to advanced 7-10 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
March 29th – April 1st, 2010 (4 days)
PRICE: \$225/ 4 day camp



Optimal Performance Future Stars Camp
(Ages 5-6 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.

Half day camp – 8:30am – 4:30pm
March 29th – April 1st, 2010 (4 days)
PRICE: \$159/4 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 – 4:30pm
March 29th – April 1st, 2010 (4 days)
PRICE: \$149/4 day camp



□ Free Jersey with registration

□ Head Instructor:
Anthony Knapp

□ Pizza lunch provided on Thursday, April 1st, 2010

□ Limited Space, register today



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