

## **2012 Spring Break Camps**

These programs are designed for hockey players. The on-ice portion of the camp will have high intensity, 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.

### **1. Optimal Performance Power Skating & Skills Camp – (ages 10 - 13 years)**

This program is designed for 10-13 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) Powerskating – stopping, crossovers, lateral movement, agility, balance, posture, backwards skating, tight/full turns, pivoting, and leg strength.
- c) Hockey Skills – stick handling, shooting, passing, game situations, body contact (age and size will be matched equally, 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**

\*Full hockey equipment required to enter the ice surface

**PRICE: \$325/5 day camp**

### **2. Optimal Performance Power Skating & Skills Camp – (ages 7 - 10 years)**

This program is designed for 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) Powerskating – stopping, crossovers, lateral movement, agility, balance, posture, backwards skating, tight/full turns, pivoting, and leg strength.
- c) 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**

\*Full hockey equipment required to enter the ice surface

**PRICE: \$325/5 day camp**

### **3. Optimal Performance Future Stars – (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.

Powerskating techniques will be the focus in the morning sessions, and puck control, shooting will be focused on in the afternoon sessions.

Full day camp – 8:30am – 4:00pm  
**March 26 – March 30, 2012**

**PRICE: \$300/5 day camp**

### **4. 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**

\* Helmet, gloves, skates are required for free skate

**PRICE: \$250/5 day camp**

### **EXTRA INFORMATION FOR ALL CAMPS:**

**Please remember to bring:**

- gym shoes
- shorts, t-shirt, extra socks
- juice and snacks
- outdoor clothes (depending on the season of the camp)
- water bottle
- lunch

Contact Anthony Knapp, Program Manager at 254-1010 (201) or email [dakotaccpm@shaw.ca](mailto:dakotaccpm@shaw.ca)