

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 30th, 2012

*Full hockey equipment required to enter the ice surface

PRICE: \$325/5 day camp

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