

1. OPTIMAL BODY CHECKING CAMP – 1 DAY
Monday, March 31
(Males & Females Ages 10-13)

1.5 hours of specific on-ice instruction designed to increase every player's confidence to become more involved in body checking. Specialized instruction on proper fundamental angling techniques with an emphasis on understanding of body contact and the mechanics of body checking applied in offensive and defensive game situations. **Limited enrolment to ensure high quality instruction.**

Head On-Ice Instructor: Billy Keane

<u>SESSION</u>	<u>AGES</u>	<u>DATE</u>	<u>TIMES</u>
1	10 - 13	Monday	2:10pm – 3:40pm

COST: \$39.00 (G.S.T) Full Equipment Required.