

**2. OPTIMAL POWER SKATING PERFORMANCE CAMP – 4 DAYS**  
**Monday, March 31 – Thursday, April 3rd**

**4-1 hour sessions of specialized Power Skating Instruction.** The Dakota Development Camps will offer an Instructional Program for young hockey players designed to improve the technical skills of skating with and without pucks. Specific skating training will be designed to improve the “ABC’s” of skating - agility, balance, coordination and speed. Teaching proper technique, viewing demonstrations and providing opportunity for repetition greatly enhance every players ability to skate faster and reach top speed more efficiently. Players begin to understand the body and bio-mechanical fundamentals required to greatly assist the learning process of becoming a more accomplished all around skater with and without a puck. Each 1 hour session includes 30 min. of skating without pucks followed by 30 min. of skating with pucks including individual technical skills of puck control, passing/receiving, shooting & scoring, and checking to provide game like 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	8 - 10	Monday - Thursday	9:30am – 10:30am
2	11 - 13	Monday - Thursday	10:40am – 11:40am

**COST: \$100.00 (G.S.T. exempt) Full Equipment Required.**