

## **Optimal Performance Power Skating and Hockey Skills – (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. This is a full day camp with check in time at 8:30am and pick-up at 4:30pm. 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

\*Full hockey equipment required to enter the ice surface

**PRICE: \$279/week**

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