

1. 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

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

This program is designed for intermediate to advanced 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) Power skating – stopping, crossovers, lateral movement, agility, balance, posture, backwards skating, tight/full turns, pivoting, and leg strength.
- c) Hockey Skills – stick handling, shooting, passing

Camp includes 3 hours on the ice each day. All other activities throughout the day are off-ice.

Full day camp- 8:30am - 4:30pm

*Full hockey equipment required to enter the ice surface

PRICE: \$279/week

3. Optimal Performance Future Stars – (ages 5-6 years)

This is a program designed for young children looking to improve upon their hockey skills. There will be 2 hours spent on the ice. 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.

Full day camp– 8:30am – 4:30pm

PRICE: \$179/week

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, flag/touch football, 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 – 4:30pm

* Helmet, gloves, skates are required for free skate

PRICE: \$169/week

5. Optimal Sports Basketball Camp (ages 7+)

This brand new program is designed for basketball players eager to work hard and improve their game. Qualified and professional instructors will push the participants, and teach skills and techniques that will enhance each players overall abilities. Participants receive 2 sessions of basketball instruction each day, with each session lasting 2 hours in length.

The camp runs each day from 8:30am – 4:30pm for the first 3 weeks of July.

PRICE: \$179/week

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

Please don't bring:

- walkman
- video games of any kind

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