

1. HOCKEY & SPORTS CAMPS

- Males and Females Ages 5 - 12 welcome.
- Athleticism development, classroom and video sessions daily.
- 7.5 hours on ice instruction per week.
- Students provide their own lunch.
- Specific Goaltenders Program included.
- Daily Scrimmages with full game the last day.

* Note: July 28- 31 and August 5-8 are 4-day camps

Students will receive 3 hours of concentrated training in hockey with 1.5 hours of daily on-ice instruction emphasizing the development and proper execution of the basic skills. The scope of the program will concentrate on power skating, puck control, passing and receiving, shooting and scoring, checking, body checking, as well as, introducing students to offensive and defensive team concepts. Each on ice session will include a controlled scrimmage. **GOALTENDERS** will receive a separate goaltending instructional program designed to develop skills in all fundamental areas of goaltending including game situations, detailed analysis, mental preparation and demonstrations.

Students will also participate in a classroom session designed to ensure students comprehend the principles and skills presented on the ice. A 1-hour off-ice session specific to athleticism development would finish the half day of hockey. This exciting new initiative is designed to introduce, educate and apply young athletes to the "ABC's of Athleticism", specifically agility, balance, coordination and speed. Dakota Community Centre's exercise physiologist Terry Hadlow will apply fun, games, and activities to reinforce all techniques.

The Dakota Sports Camp component of the program exposes our students to a vast range of additional activities may include fitness and circuit training, water park activities, track & field, golf, basketball, volleyball, soccer, team building activities, Frisbee, low organized games, bandy, broom ball, lacrosse, team handball, floor hockey & flag football, and tennis baseball.

The Dakota Hockey and Sports Camp is the ideal camp for every young player whose desire is to develop their hockey skills, in addition to participating in a fun and exciting Sports Camp.

Session	Dates	Cost
1	Jul 21 -25	\$250
2	Jul 28 -31	\$200
3	Jul 21 -31	\$430
4	Aug 5 -8	\$200
5	Aug 11 -15	\$250
6	Aug 5 -15	\$430