

3. OPTIMAL HOCKEY DEVELOPMENT CAMPS

- One or Two week camp.
- Ages 8 – 17.
- 3 hours of on-ice instruction per day.
- PLUS European Fitness training, classroom and video sessions.
- Scrimmages twice daily with a full game the last day.

The Optimal Hockey Development Camp has been designed for the individual who wishes to attend a camp with the development of the complete hockey player as the prime objective.

Students will receive two 1.5 hour sessions of on-ice instruction per day highlighted by an emphasis on the individual technical and tactical skills (power skating, puck control, passing and receiving, shooting and scoring, checking and body checking). Movement and pressure will be introduced to develop quick thinking skills used in game situations. Offensive and defensive team concepts are also introduced including 1-1's, 2-1's, 3-2's, forechecking, breakouts, and defensive zone responsibilities. Each on-ice session will have a daily 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.

The off-ice conditioning and athleticism development utilize international calibre training methods and techniques that have been especially designed and proven to produce top quality hockey players and athletes from around the world. 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.

This two week "Advanced Session" is a more in-depth program, designed to introduce advanced drills and concepts in the second week. Advanced individual tactics and team systems will enhance the development both physically and mentally for the competitive player. One full game per week will be played to reinforce the skills learned throughout the camp.

Session	Dates	Cost
1	Aug 5 - 8	\$300
2	Aug 11 - 15	\$375
3	Aug 18 – 22	\$375
4	Aug 25 – 28	\$300
5	Aug 18 - 28	\$675