

## 2. POWER SKATING PERFORMANCE & SPORT CAMPS

- Male and Female Ages 5 - 12
- Hockey players welcome
- Specific skating instruction with / without pucks.
- 7.5 hours of on-ice instruction.

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

Back for 2008, the Dakota Development Camps will offer an Instructional program for young players and adult recreational players of all ages designed to improve the technical skills of skating with and without pucks. Specific skating exercises 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 will greatly enhance every player's ability to skate faster and reach top speed more efficiently. Players will begin to understand the body and the bio-mechanical fundamentals required to greatly assist the learning process of becoming a more accomplished all around skater with and without a puck.

Each 1.5 hour session will include 45 minutes of skating without pucks followed by 45 minutes of skating with pucks including individual technical skills of puck control, passing/receiving, shooting and checking to provide game-like situations. 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.

This camp is ideal for every young player whose desire is to develop their skating skills with or without pucks.

<b>Session</b>	<b>Dates</b>	<b>Cost</b>
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