

# ***Up Coming Dakota C.C. Programs !***

- ***Dakota C.C. Summer Day Camps !***
  - ***Spring & Summer Adult & Youth Recreational Hockey Leagues***
  - ***Athletic Performance & Optimal Training Academy Programs***
- 1) **Youth Recreational Hockey Leagues: July - August. Ages 5 - 17.** Male and Female players play a minimum 12 game schedule. Recreational Philosophy. No try-outs or summer long weekends. Designed to be ability appropriate for all players – A1, A2, A3, AA, AAA and High School. First come-First serve. Coaches, Referees, timekeepers, Attractive Dakota Youth League Game Jersey included. Weekends only. **All for only \$250.00 (G.S.T. exempt) !**
  - 2) **Athletic Performance Program – March to August. Ages 5 +.** Continuing to pioneer the first long term training program, this exciting new initiative is designed to introduce, educate and apply young athletes to the “ABC’s of athleticism” being agility, balance, coordination and speed. Plus fun games & activities to re-inforce all techniques. Head Instructor: Dakota C.C’s Exercise Physiologist Terry Hadlow. Sat. mornings & occasional weekdays. Teams welcome **10 Sessions: \$85.00**
  - 3) **Dakota’s Optimal Summer Day Camps: July - August. Ages 5 - 17.** \* New \* Full Week Goaltenders Performance, Optimal Hockey Development, Hockey & Sports, or Ringette & Sports Camps. All Programs include On ice Instruction with Billy Keane, Goaltenders Coach Terry Hadlow, Off ice Strength Training with Dakota C.C’s Exercise Physiologist Terry Hadlow. Male and Female players welcome. Full day programs include 1 week & 2 week camps. **From \$180.00 to \$625.00 (G.S.T. exempt)**
  - 4) **Spring Adult Hockey League: Approx. April 7 to June 7.** Ability appropriate divisions. Minimum **12 game schedule.** All team make the play-offs. Competitive and Recreational Divisions with a recreational philosophy. **\$1699.00 (G,S,T, included) per team or \$150.00 for single players**
  - 5) **Summer Adult Hockey League: Approx. June 7 – September 15.** Ability appropriate divisions. Minimum **18 game schedule.** All team make the play-offs. Competitive (ends August 31<sup>st</sup>) and Recreational Divisions (ends Sept. 15<sup>th</sup>) with a recreational philosophy. **\$2499.00 (G.S.T. included) per team or \$220.00 for single players**
  - 6) **Optimal Training Academy (OTA): May 1 - August 30.** The most technically advanced skill & strength training sessions and strategies available to include 1 on ice session per week with Billy Keane and 3 Optimal Training Academy sessions per week with Terry Hadlow. On ice training includes separate Skaters and Goaltenders sessions players playing Elite Bantam, Midget, Junior, College & Pro. For more details call Billy Keane at 254-1010 or website [dakotacc.com](http://dakotacc.com)

***“It’s About Fun & Skill Development”***