

Dakota Community Centre Spring/Summer 2009 Programs

Youth Programs

a) Spring Break Camps: March 30-April 3rd

Full Day Camps

1. **Optimal Elite Skating and Skills** (ages 10-13) - 3 hours of ice instruction per day
A1 or AA requirement – Price: \$279
2. **Optimal Power Skating and Hockey Skills** (ages 8-11) – 3 hours of ice instruction per day –
Price: \$279
3. **Optimal Super Sports Camp** (ages 6-12) – 1 hour free skate each day – Price: \$169

Half Day Camps

1. **Optimal Future Stars Mini-Camp** (ages 5-7) – 1.5 hours of ice instruction each day – Price:
\$179

b) Optimal Training Academy (OTA):

1. **Athletic Performance Dryland Training** - Former Pan Am Games Champion and Olympic athlete Terry Hadlow as the Head Instructor. (ages 9+)

Highly committed athletes between the ages of 9 and 19 looking for an Optimal Training experience need to look no further. The Optimal Training Academy (OTA) will enhance athletes' physical power, speed and strength that will carry over into further development in whatever sport the athlete may play.

- program runs May 4th – August 28th (16 weeks)
- 3-4 one hour sessions per week
- sign up in 4 week blocks, or join for the entire summer
- programs modified depending on age and athletic ability

2. **On-Ice Hockey Training and Instruction** – Head Instructor Anthony Knapp is the current coach of the Winnipeg Junior Jets, and has over 7 years of professional instruction experience. (ages 9+)

Elite hockey players looking to stay sharp, and improve upon their physical fitness and hockey skill over the summer months will choose this program. All drills will be run at game-speed, allowing players to perform better under fatigue once their season begins.

- program runs June 16th – August 20th (10 weeks)
- 2 on ice sessions per week (Tuesday and Thursday)
- focus on puck control, shooting and skill development
- price includes jersey

Pricing:

Athletic Performance Dryland Training - \$250/4weeks or \$1000/all 16 weeks

On-Ice Hockey Training and Instruction - \$500/20 sessions

Combine both programs for entire summer - \$1250 (save \$250)

c) Optimal 4on 4 Youth Hockey League:

- program runs June 29th – August 31st
- combination of evening and weekend games
- team entries preferred, individual entries accepted
- 12 game season
- price includes jersey
- teams may be moved for better league parity

Price: Team - \$1799

Individual - \$169 (applied as team credit)

d) Summer Camp:

Throughout July and August there will be 8 weeks of full day summer camps for youth ages 6-13 years. Full day camps run Mon-Fri with 3 hours of on-ice instruction per day.

1. July 13th – 17th
2. July 20th – 24th
3. July 27th – 30th
4. August 4th – 7th (4 day camp) camp prorated
5. August 10th – 14th
6. August 17th – 21st
7. August 24th – 28th
8. August 31st – Sept 4th

Optimal Elite Skating and Skills (ages 10-13) will be running all 8 weeks - \$279/week

Optimal Power Skating and Skills (ages 8-11) will be running all 8 weeks - \$279/week

Optimal Future Stars (ages 5-7) will be running week 3 and week 7 of camp - \$179/week

Optimal Super Sports Camp (ages 6-12) will be running week 2 and week 6 of camp - \$169 week

Stay tuned for pre try-out conditioning and developmental camps beginning August 24th, and running until winter league try-outs begin.

Adult Hockey Leagues

a) Spring League:

- runs April – June
- 12 games guaranteed
- \$1700 team registration cost
- \$150 individual registration cost (applied as team credit)

b) Summer League:

- runs June – end August
- 18 games guaranteed
- \$2550 team registration cost
- \$250 individual registration cost (applied as team credit)
- no Saturday games

For more information on any of the above programs contact Anthony Knapp, Program Manager at 254-1010 or email at dakotaccpm@shaw.ca.

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