

# **SUMMER 2022 PROGRAMS**

## **ALL programs include 3 hours on ice daily**

60 minutes of POWER SKATING  
60 minutes of puck drills and individual tactics  
60 minutes of small space games and scrimmage.

### **JUNIOR GROUP: (born 2016-2013 all levels) 8:15-15:30pm**

The Junior development program is designed to provide players with an opportunity to enhance their individual skills in a positive, learning environment. The primary focus of the program is centered around on-ice fundamental skills, balance, edge control and all puck skills.

### **SENIOR GROUP: (born 2012-2009 all levels) 8:15-15:30pm**

Our Senior Program is designed for the more accomplished player who is ready to participate in game-like situations. Refinement of individual skills and an intro to individual tactics is the focus.

Small space games are used to help the players understand proper offensive and defensive responsibilities.

### **ELITE FWD + DEF GROUP: (born 2011-2008) 8:15-15:30pm**

Our "Elite forward and defense Group" focus on advanced skating techniques and puck skills. Players are taught how to effectively "read and react" at high speeds to various offensive and defensive situations. This program is for older or double letter players who can understand more complex instructions. We want our players to be prepared for double letter tryout camps.

### **GOALIE TRAINING: (all ages / all levels) 8:15-16:00pm**

Our Goalie Program is designed for all levels. All the basic movements of the goaltender are covered. With strong fundamentals we are able to progress into more complex teachings. The more advanced goalies will focus on refining their movements and learn game strategies and be introduced to more of the mental challenges for a goalie. All our goalies are on ice for 3 to 4 hours daily.