



# Stable in the Net Camp Athena's



## Camp Info

The Athena's camp is an all-girls camp with a focus on the female game of hockey. This short 2 day camp at the end of August will set the goalies up and hone their skills before evaluations.

The components of this camp are below:

**3.5 hours on-ice** - Detailed technical instruction, Prep for upcoming evaluations.

**2 Pilates/Dryland sessions** - Stretching & core strength.

**2 short Mental Prep session** - How to mentally prepare to compete at the best of your ability.

## Daily Schedule

**Thu Aug. 29:** On-Ice 830-930am / Off-ice 945-1045am / On-Ice 1115-1230pm /  
Mental Prep 1245-1pm

**Fri Aug 30:** On-Ice 1015-1130am / Off-ice 1145-1245pm / Mental Prep 1245-1pm

## Notes

- Registration for each group will begin at 745am on the 29th.
- Ice and dryland will be at the Penhold Multiplex.
- If you have a jersey from a previous camp, you will receive \$10 off one piece of merchandise.
- Proper gym wear will be necessary for all off-ice sessions.
- Other Merchandise will be available for purchase throughout the week.