



Stable in the Net

Alpha JR Camp



Camp Info

The Alpha Jr camp is designed for goalies ages 7-12 that are in their first couple of years in the position and want to build a solid foundation. This camp will focus on the basics but will also push each goalie grow as an athlete. Here is what the camp will include:

4 hours of on ice instruction - Technical basics, skating & save selection.

3 Dryland sessions - Hand-eye, cardio and team games.

1 Mental Prep session - Introduction to routine and how to prepare.

Daily Schedule

Monday July 29: Off-ice 1-2pm / On-Ice 215-315pm

Tuesday July 30: Off-ice 1-2pm / On-Ice 215-315pm

Wednesday July 31: Mental Prep 130-2pm / On-Ice 215-315pm

Thursday Aug. 1: Off-ice 1-2pm / On-Ice 215-315pm

Notes

- Camp Registration will be between 1230-1pm on Monday.
- Ice and dryland will be at the Penhold Multiplex.
- If you wear a jersey from a previous camp, you will receive \$10 one piece of merchandise.
- Proper gym wear will be necessary for all dryland sessions.
- If weather is poor, we will train inside the rink.
- Other Merchandise will be available for purchase throughout the week.