



Stable in the Net **Holiday Camp**



Camp Info

The Holiday Camp is designed for goalies all ages. This camp will combine detailed instruction with skating and tracking drills. The Holiday camp will be split between 2 groups based on age. Each group will have the following components:

4+ hours on-ice - Detailed technical instruction, skating & tracking.

2 Dryland sessions - Flexibility and Hand-eye co-ordination and Games.

1 Mental Prep session - First half recap and second half prep.

Daily Schedule (Young Warriors)

Monday Dec 30: On-Ice 1115-1215 / Off-Ice 1245-145pm / On Ice 215-315pm

Tuesday Dec 31: Mental Prep 12-1220pm / On-Ice 1245-145 / Off-Ice 2-3 / On-Ice 315-415pm

Daily Schedule (Old Soldiers)

Monday Dec 30: On-Ice 10-11am / Off-Ice 1130am-1230pm / On Ice 1-2pm

Tuesday Dec 31: On-Ice 945-1045am / Mental Prep 1115-12 / Snack / Off-Ice 1230-130 / On-ice 2-3pm

Notes

- Registration will be open 45 minutes before the first ice time.
- Ice and dryland will be at the Penhold Multiplex.
- Proper gym wear will be necessary for all dryland sessions.
- Other Merchandise will be available for purchase throughout the week.