

What to Expect

This program is intended to help players get prepared for training camp. The goals of the week are to improve;

- ⇒ individual skill level
- ⇒ understanding of team concepts
- ⇒ physical fitness

Younger players will get back on the ice to prepare for the season and will also be introduced to the concept of dryland training in preparation for future years. An emphasis will be placed on proper technique and physical literacy.

Older players will be pushed to execute skills at the highest pace possible and to drive their development forward through hard work.

What To Bring

- Full hockey equipment (stored at rink)
- Bag Lunch
- Snacks
- Water Bottle
- Shorts
- Shirt
- Runners
- Swimsuit
- Towel
- Sunscreen
- **POSITIVE GROWTH ATTITUDE**
- **WORK ETHIC**

Head Coaches

Barry Lewis—Morris, Manitoba

Barry is the Head Coach at the Morris School Hockey Academy. Barry was the Head Coach of the AAA Bantam Pembina Valley Hawks and prior to that he spent 8 successful years as the Head Coach of the Morris Mavericks High School hockey team where he guided them to 3 Zone IV Championships and 2 Provincial MHSAA Championships. Barry has coached Jr. A, AAA Midget, AAA Bantam and professionally in Europe over the course of his 20+ year career.

Keith Bially—Morden, Manitoba

Keith played AAA Midget for the Pembina Valley Hawks before pursuing a scholarship from the Bottineau Lumberjacks of the NJCAA in North Dakota. After returning from North Dakota Keith played for both the Winkler Flyers of the MJHL as well as the Pembina Valley Twisters of the MMJHL where he won a championship in his final year. Keith continued hockey after junior with the Altona Maroons of the SEMHL where he played 3 seasons. Keith is currently playing for the Morden Redskins in the SEMHL where he has won two league championships as well as a provincial title. Keith has coached peewee, bantam and high school in the Morris area. Keith was also an assistant coach with the AAA Bantam Pembina Valley Hawks in 2015-16 as well as the AAA Pembina Valley Hawks Directors Cup in 2017. Keith is currently the head coach of the Garden Valley Zodiacs in Winkler where he teaches.

Darren Crane —Morden, Manitoba

Darren lives in Morden Manitoba and teaches Arts and Digital Media in Winkler. He has coached Minor Hockey and does skills development. Darren follows a lot of hockey and has a son that plays high-level hockey. Darren has helped coach in our 2017 Hockey Camp.

Joel Fouasse—St. Malo, Manitoba

Joel lives in St. Malo but is originally from Notre Dame. He is a teacher in St. Malo at Ecole St. Malo. Joel is a Hockey Canada Skills Instructor and coached both Junior and High school Teams.

Marshall Cox—Goalie Coach— Morris, Manitoba

Marshall is a former Southeastern League/Hanover Tache League standout. Marshall plays with the Red River Wild in the CSHL. He teaches and coaches in Morris Manitoba.

Kate Petrie—Dryland Coach—Carman, Manitoba

Kate Petrie is a certified trainer and owner of Empower Fitness. Kate has ran multiple fitness and training classes in Carman.



Carman Dufferin Recreation
Presents

2018 Pre-Season Prep Hockey Camp



August 27 - August 31



www.carmandufferinrecreation.com



Hockey Camp Information

Bantam/High School Prep

Daily Schedule:

8:00-9:15—Ice (Player/Goalie)

9:45-11:00—Dryland

11:00—12:15—Pool

12:15-1:00—Lunch

1:30-2:30—Ice (Player/Goalie)

3:00-4:00—Dryland

4:00—Arena Pick Up

Total Activity Included:

Ice—11.25 hours/week

Dryland—11.25 hours/week

Pool—6.25 hours/week

Cost: \$350 (including taxes)

Pee Wee /Atom Major Prep

Daily Schedule:

8:30-9:45—Dryland

9:45—10:15— Shooting on B Side

10:45- 12:00 —Ice (Player/Goalie)

12:30-1:15—Lunch

1:15-2:15—Dryland

2:15-3:30—Pool

4:00—5:00—Ice (Player/Goalie)

(pick up after ice session)

Total Activity Included:

Ice—11.25 hours/week

Dryland—11.25 hours/week

Pool—6.25 hours/week

Cost: \$350 (including taxes)

Atom Minor/Novice Skills and Drills

Daily Schedule:

8:30-9:00—Drop Off

9:30 -10:30— Ice (Player/Goalie)

11:00-12:00— Dryland

12:00-12:45—Lunch

12:45-2:15—Pool

2:45-3:45—Ice (Player/Goalie)

4:00—pick up at arena or if unable to pick up until 5pm children will be at Community Hall.

4:00—Walk to Community Hall

5:00—Community Hall Pick Up

Total Activity Included:

Ice—10 hours/week

Dryland—5 hours/week

Pool—5 hours/week

Cost: \$300 (including taxes)

**Coaches will determine
which group**



Registration will be done online at:
[http://carmandufferinrec.maxgalaxycanada.net/
BrowseActivities.aspx](http://carmandufferinrec.maxgalaxycanada.net/BrowseActivities.aspx)

For information contact: Carman Dufferin Recreation

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Office Hours:

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