

CARMAN DUFFERIN RECREATION PRESENTS:

SUMMER HOCKEY CAMP 2019



AUGUST 26TH – 30TH – CARMAN DUFFERIN ARENA

ON ICE AND OFF ICE TRAINING WITH

THE
RINK
TRAINING CENTRE

SCHEDULES

BANTAM / HIGH SCHOOL - \$375.00

TIME:	ACTIVITY:
8:00 am – 9:15 pm	On Ice Training
9:45 am – 11:00 pm	Off Ice Training
11:00 am – 12:00 pm	Swimming
12:15 pm – 1:00 pm	Lunch
1:30 pm – 2:30 pm	On Ice Training
3:00 pm – 4:00 pm	Off Ice Training
4:00pm	Arena Pick Up

PEE WEE / MAJOR ATOM - \$375.00

TIME:	ACTIVITY:
8:30 am – 8:45 am	Off Ice Training
9:45 am – 10:15 am	Shooting
10:45 am – 12:00 pm	On Ice Training
12:30 pm – 1:15 pm	Lunch
1:15 pm – 2:15 pm	Off Ice Training
2:15 pm – 3:30 pm	Swimming
4:00 pm – 5:00 pm	On Ice Training
5:00 pm	Arena Pick Up

NOVICE / ATOM - \$350.00

TIME:	ACTIVITY:
8:30 am – 9:00 am	Arena Drop Off
9:30 am – 10:30 am	On Ice Training
11:00 am – 12:00 pm	Off Ice Training
12:00 pm – 12:45 pm	Lunch
12:45 pm – 2:15 pm	Swimming
2:45 pm – 3:45 pm	On Ice Training
3:45 pm – 4:00 pm	Arena Pick Up
4:00 pm – 5:00 pm	Day Camp Pick Up

WHO IS THE RINK?

THE RINK PLAYER DEVELOPMENT IS A WINNIPEG BASED HOCKEY PROGRAM THAT WAS CREATED AND IS DEDICATED TO HOCKEY EXCELLENCE THROUGH SKILL DEVELOPMENT WITH KNOWLEDGEABLE AND PROFESSIONAL ON AND OFF ICE INSTRUCTORS. THE RINK TRAINING CENTRE'S TRYOUT PREP CAMP WAS DEVELOPED TO PROVIDE PLAYERS WITH DETAILED INSTRUCTION IN THE FOUNDATIONAL SKILLS THAT THEY NEED TO PLAY THE GAME.

WHAT IS THE RINK'S OBJECTIVE?

OUR PREP CAMP WILL PROVIDE PLAYERS THE OPPORTUNITY TO DEVELOP BOTH SKATING SKILLS, PUCK SKILLS, POSITION SPECIFIC SKILLS AND TACTICAL GAME SKILLS, THROUGH A FOCUSED PROGRESSION ON TECHNICAL AND TACTICAL ASPECTS.

WHAT SHOULD PLAYERS EXPECT?

THIS PROGRAM IS TO PREPARE PLAYERS FOR THE UPCOMING HOCKEY SEASON. THE RINK WILL TAKE ON A FOCUSED APPROACH FOR SKILL ACQUISITION, COVERING THE 3 KEYS IN THE LEARNING PROCESS:

1. COGNITIVE – LEARN THE FACTS
2. ASSOCIATIVE – PRACTICING
3. AUTOMATIC RESPONSE – SECOND NATURE

WHAT SHOULD I BRING TO CAMP?

FULL EQUIPMENT (STORED AT ARENA)

BAG LUNCH & SNACKS

WATER BOTTLE

SHORTS, SHIRT & RUNNERS

SWIMSUIT & TOWEL

SUNSCREEN

CARMAN DUFFERIN RECREATION 5TH ANNUAL SUMMER HOCKEY CAMP 2019

AUGUST 26TH – AUGUST 30TH
INSTRUCTING BY THE RINK TRAINING CENTRE
CARMAN DUFFERIN ARENA & CARMAN
DUFFERIN POOL

To register go to:

<http://carmandufferinrec.maxgalaxycanada.net/>

- Program Registration
- Registration opens April 15th at 8:30am.

FOR MORE INFORMATION:

Call: 204-745-2684

Email: programcdr@townofcarman.com

