

CARMAN DUFFERIN RECREATION PRESENTS:

SUMMER HOCKEY CAMP 2021



AUGUST 23TH – 27TH – CARMAN DUFFERIN ARENA

ON ICE AND OFF ICE TRAINING WITH

THE
RINK
TRAINING CENTRE

SCHEDULES

GROUP 1 - U18/U15 - \$400.00

TIME:	ACTIVITY:
7:30am - 8:00am	Arena Open
8:00am-9:00am	Ice
9:15am-10:15am	Off Ice Shooting
10:30am-11:30am	Boardroom/Teambuilder
11:45am-12:15pm	Lunch
12:30pm-1:30pm	Ice
1:45pm-2:45pm	Off Ice Workout
3:00pm-4:00pm	Swimming
4:30pm	Pick Up/Arena Closed

GROUP 2 - U13/U11 MAJORS - \$400.00

TIME:	ACTIVITY:
7:30am - 8:00am	Arena Open
8:00am-9:00am	Boardroom/Teambuilder
9:15am-10:15am	Ice
10:30am-11:30am	Off Ice Shooting
11:45am-12:15pm	Lunch
12:30pm-1:30pm	Swimming
1:45pm-2:45pm	Ice
3:00pm-4:00pm	Off Ice Workout
4:30pm	Pick Up/Arena Closed

GROUP 3 - U11 MINORS/U9 MAJORS - \$400.00

7:30am - 8:00am	Arena Open
8:00am-9:00am	Off Ice Shooting
9:15am-10:15am	Boardroom/Teambuilder
10:30am-11:30am	Ice
11:45am-12:15pm	Lunch
12:30pm-1:30pm	Off Ice Workout
1:45pm-2:45pm	Swimming
3:00pm-4:00pm	Ice
4:30pm	Pick Up/Arena Closed

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

SHORTS, SHIRT & RUNNERS

BAG LUNCH & SNACKS

SWIMSUIT & TOWEL

WATER BOTTLE

SUNSCREEN

CARMAN DUFFERIN
RECREATION
7TH ANNUAL SUMMER
HOCKEY CAMP 2021

AUGUST 23TH – AUGUST 27TH
INSTRUCTING BY THE RINK TRAINING CENTRE
CARMAN DUFFERIN ARENA & CARMAN
DUFFERIN POOL

To register go to:

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

- Program Registration
- Registration opens May 3, 2021 at 7:00am.

FOR MORE INFORMATION:

Call: 204-745-2684

Email: programcdr@townofcarman.com

