

Hillsborough,NC June 21-25,2010

Ages 7-12

8:30am- Arrive/dress for ice

9:00am-10:15 am On ice

10:30am-11:30am Dryland

Lunch(bring your own.Some rinks have lunch programs)

12:00pm-12:30pm Stretching/Video analysis

12:30pm Dress for ice

1:00pm-2:15pm On ice

2:30pm-3:30pm Dryland

End of day!

5 Day/ Session Camp outline

**Session 1:** forward stride,resistance(belts),edgework,starts and speed with puck.

**Session 2:** backward stride,edge agility,stopping,overspeed(bungee cords),passing.

**Session 3:** crossovers,stickhandling,signature moves,shooting.

**Session 4:** Puck protection,body checking(age applicable),stops,transitions,power turns.

**Session 5:** Overall review ,scrimmage during last session.

And more!\*There will be a Video Analysis done on each players "forward stride".Skills sessions are subject to change without notice. This is a typical camp outline.

25 Hours of Instruction & Camp Jersey

Cost \$400

Register at ssskskatingandskills.com **Deadline April 1,2010**

**Facility: Triangle Sportsplex**

**101 Meadowlands Dr.**

**Hillsborough,NC**

**27278**

