

HIGH PERFORMANCE PRE REP CAMPS AT BURNABAY 8 RINKS

HEAD INSTRUCTOR – TIM PRESTON

MON AUG 27TH – FRI AUG 31ST

ATOM AND PEEWEE GROUPS

**ELITE PLAYERS ONLY!!! (PLAYERS WHO EXPECT TO
PLAY REP HOCKEY IN THE 2012/2013 SEASON)**

****Players who do not meet the expected skill level will be asked to
leave the program after the 1st day with a 50% refund****

MAX SKATERS IN EACH GROUP – 20

\$340 + HST

- **INCLUDES A MENTAL PREPERATION AND SOCUTING SEMINIAR:
how to be at your best when it counts the most, and what
coaches and scouts are looking for in a short try out format.
“How to stand out above the rest”**

ATOM GROUP:

DAY 1 – MONDAY AUG 27TH

9:00 AM - CHECK IN – PARENTS MUST COME IN TO SIGN WAIVERS AND MAKE PAYMENT

9:30-10:45 – ON ICE SESSION – SKATING DEVELOPMENT – Stride (Fwd and Back) Explosive foot speed, Agility, and Quickness with and without the puck

10:45-11:00 CHANGE FOR DRY LAND

11:00-12:15 – DRY LAND – HOCKEY SPECIFIC TRAINING – Upper and lower body reactive power, Foot speed, Agility, Core strength and Conditioning

12:30 – Sign Out

DAY 2 – TUESDAY AUG 28TH

9:00 AM - CHECK IN

9:30-10:45 – ON ICE SESSION – COMPETITION – 1-1, 2-1, 3-2 + Battle Drills

10:45-11:00 CHANGE FOR DRY LAND

11:00-12:15 – DRY LAND – HOCKEY SPECIFIC TRAINING – Full body circuit to challenge all the players. Hockey specific stations

12:30 – Sign Out

DAY 3 – WEDNESDAY AUG 29TH

9:00 AM - CHECK IN

9:30-10:45 – ON ICE SESSION – PUCK SKILLS AND PASSING - High tempo puck skills drills with passing, flow and attacking

10:45-11:00 CHANGE FOR DRY LAND

11:00-12:15 – DRY LAND – DRY LAND – HOCKEY SPECIFIC TRAINING – Upper and lower body reactive power, Foot speed, Agility, Core strength and Conditioning

12:45 –2:00- SEMINAIR – try out preparation and what scouts are looking for. Guest speakers to give an inside look at what players can do to prepare themselves to be at there best when it counts the most and what coaches and scouts are looking for in a short term try out environment. “How to stand out in a crowd and get noticed”

2:15 – Sign Out

DAY 4 – THURSDAY AUG 30TH

9:00 AM - CHECK IN

9:30-10:45 – ON ICE SESSION – COMPETITION – 1-1, 2-1, 3-2 + Battle Drills

10:45-11:00 CHANGE FOR DRY LAND

11:00-12:15 – DRY LAND – HOCKEY SPECIFIC TRAINING – Full body circuit to challenge all the players. Hockey specific stations

12:30 – Sign Out

DAY 5 – FRIDAY AUG 31ST

9:00 AM - CHECK IN

9:30-10:45 – ON ICE SESSION –WARM UP AND SCRIMAGE

10:45-11:00 CHANGE FOR DRY LAND

11:00-12:15 – DRY LAND – HOCKEY SPECIFIC TRAINING – Upper and lower body reactive power, Foot speed, Agility, Core strength and Conditioning

12:30 – Sign Out

PEEWEE GROUP:

DAY 1 – MONDAY AUG 27TH

9:00 AM - CHECK IN – PARENTS MUST COME IN TO SIGN WAIVERS AND MAKE PAYMENT

9:15-10:30 – DRY LAND – HOCKEY SPECIFIC TRAINING – Upper and lower body reactive power, Foot speed, Agility, Core strength and Conditioning

10:30-11:00 - CHANGE FOR ICE

11:00-12:15 – ON ICE SESSION – SKATING DEVELOPMENT – Stride (Fwd and Back) Explosive foot speed, Agility, and Quickness with and without the puck

12:30 – Sign Out

DAY 2 – TUESDAY AUG 28TH

9:00 AM - CHECK IN

9:15-10:30 – DRY LAND – HOCKEY SPECIFIC TRAINING – Full body circuit to challenge all the players. Hockey specific stations

10:30-11:00 CHANGE FOR ICE

11:00-12:15 – ON ICE SESSION – COMPETITION – 1-1, 2-1, 3-2 + Battle Drills

12:30 – Sign Out

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9:00 AM - CHECK IN

9:15-10:30 – DRY LAND – DRY LAND – HOCKEY SPECIFIC TRAINING – Upper and lower body reactive power, Foot speed, Agility, Core strength and Conditioning

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DAY 5 – FRIDAY AUG 31ST

9:00 AM - CHECK IN

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10:30-11:00 CHANGE FOR ICE

11:00-12:15 – ON ICE SESSION –WARM UP AND SCRIMAGE

12:30 – Sign Out