



## ATOM 2019 PRE-REP CAMPS

**WEEK 2 – AUGUST 18<sup>TH</sup> – 22<sup>ND</sup> @ LANGLEY TWIN RINKS**

**FULL DAY CAMP - 10 ON-ICE SESSIONS / 10 DRYLAND SESSIONS**

**SNACKS / LUNCH / JERSEY + CAMP HAT**

**INVESTMENT \$699 + GST**

This full day camp is designed to prepare players for their upcoming rep tryouts. Each day will consist of 2 ice times and 2 dryland sessions. The training model is structured to prepare players to be at their best when it counts the most. Tryouts are a very tough time of year and IHD is committed to helping our players, both mentally and physically to be at their best.

Each day will consist of the following:

**Ice Time #1** -Player development – individual skating and skill development.

**Ice Time #2** – Team concepts, Game situations, Compete and Conditioning.

**Dryland #1** – Hockey specific and age specific dryland training. Building the tools off the ice to help the players maximize their success on the ice.

**Dryland #2** – Fun games and team building type activities.

### **Meals and Snacks:**

IHD will provide snacks and drinks throughout the day as well as a buffet lunch catered by Wings at Langley Twin Rinks. Please contact [admin@impacthockeydevelopment.com](mailto:admin@impacthockeydevelopment.com) with any special requests due to allergies, full weekly menu to be available in advance.



IHD pre-rep camps are very popular and ALWAYS sell out, we encourage you to register early to secure you spot. We have had a waitlist every year which will start when the camp is at capacity for registration.

Make next season your best season, prepare for tryouts and give yourself the best opportunity to make your hockey goals a reality. Success occurs when preparation and opportunity meet.

Be prepared to be at your best!