



Stable in the Net **Sharp Skills Camp**



Camp Info

The Sharp Skills camp is designed for goalies playing Atom or Pee wee at an elite level. This camp will push goalies out of their comfort zone to try new techniques and focus on in depth save selection. All areas of the position will be covered during our on-ice sessions. Here is what the camp will include:

5 hours of on ice instruction - Skating, tracking, post play, screens and much more.

4 Dryland sessions - Conditioning, quick feet and hand-eye.

2 Mental Prep session - Preparation for upcoming tryouts as well as importance of routine.

Daily Schedule

Monday Aug. 9: On-ice 745-845am / Off-Ice 915-1015am

Tuesday Aug. 10: On-ice 745-845am / Off-Ice 915-1015am / Mental Prep 1030-11am

Wednesday Aug. 11: On-ice 745-845am / Off-Ice 915-1015am

Thursday Aug. 12: On-ice 745-845am / Mental Prep 915-945am

Friday Aug. 13: On-ice 745-845am / Off-Ice 915-1015am

Notes

- Registration will be between 7-730am Monday morning.
- Ice and dryland will be at the Penhold Multiplex.
- If you already have a jersey you can receive \$10 off of one promotional item.
- Proper gym wear will be necessary for all dryland sessions.
- If weather is poor, we will train inside the rink.
- Other Merchandise will be available for purchase throughout the week.