



Stable in the Net

September Weekender



Camp Info

The September Weekender camp is designed for goalies going to U11, U13 or U15 Try outs. This camp will combine detailed instruction with skating and tracking drills and will also boast a 2:1 goalie to coach ratio. Our first ever September camp will have 2 separate groups that will be divided based on age or skill level. Each group will have the following components:

3 hours on-ice - Detailed technical instruction, skating & tracking. **2:1 Coach ratio.**

1 Yoga/Pilates sessions - Stretching & core strength.

1 Mental Prep session - Specific towards upcoming evaluations.

Daily Schedule (Warriors)

Saturday Sept 12: On-ice 9-10am

Sunday Sept 13: On-ice 1015-1115am / Off-Ice 1145-1245 / On-Ice 115-215pm / Mental Prep 230-3pm

Daily Schedule (Soldiers)

Saturday Sept 12: On-ice 1015-1115am / Mental Prep 1130-12pm

Sunday Sept 13: On-ice 9-10am / Off-Ice 1030-1130am / On-Ice 12-1pm

Notes

- Registration for each group will be open 1 hour before first ice time Saturday.
- Ice and dryland will be at the Penhold Multiplex.
- Proper gym wear will be necessary for all yoga/pilates sessions.
- Other Merchandise will be available for purchase throughout the week.
- We expect to have youth size masks as well as new hat options.