



# **Stable in the Net**

## **Alpha Sr Camp**



### **Camp Info**

The Alpha Sr camp is designed for goalies ages 13-18 that are want to push themselves while focusing on the basics and creating strong foundational habits. This camp will focus on basic skating but will also push each goalie grow as an athlete. Here is what the camp will include:

**4 hours of on ice instruction** - Technical basics, skating, tracking & proper movement.

**3 Dryland sessions** - Hand-eye, cardio and team games.

**2 Mental Prep session** - Importance of routine and preparation for upcoming season.

### **Daily Schedule**

**Tuesday Aug. 4:** On-ice 745-845am / Off-Ice 915-1015am

**Wednesday Aug. 5:** On-ice 745-845am / Off-Ice 915-1015am / Mental Prep 1015-1045am

**Thursday Aug. 6:** On-ice 745-845am / Off-Ice 915-1015am

**Friday Aug. 7:** On-ice 745-845am / Off-Ice 915-1015am / Mental Prep 1015-1045am

### **Notes**

- Camp Registration will be between 650-720am on Tuesday the 4th.
- Ice and dryland will be at the Penhold Multiplex.
- Each goalie will be given a jersey on day one, unless you have one from a previous camp. If you have one from a previous camp, you will receive \$10 one piece of merchandise.
- 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.