

### Week 1: July 13-16:

Girls Shooting – 12:15-1:15pm/2-3:00pm Ice session	\$199.00/\$159.00
Atom Shooting – 1:30-2:30pm/3:15-4:15pm Ice session	\$199.00/\$159.00
Peewee Shooting – 5:30-6:30pm/7-8:00pm Ice session	\$199.00/\$159.00
Midget Ice – 4:30-5:30pm	\$159.00
Battle Drills-Bantam/Midget – 5:45-6:45pm	\$159.00

### Week 2: July 20-23:

Atom treadmill skaters (5 treadmills required prior to) 3:15-4:15pm	\$159.00
Peewee Girls: ½ Day Camp – 11am-3pm	\$285.00/\$159.00
Peewee treadmill skaters/backwards skating – 7-8:00pm	\$159.00
Bantam/Midget Ice – 4:30-5:30pm	\$159.00
All Age Battle Drills: 5:45-6:45pm	\$159.00

### Week 3: Aug 10-14:

Defense Camp Atom-Bantam 3:45 M/T, 3:15 W/Th/F	\$195.00
Atom ½ Day Camp) 2-6:00pm M/T, 1:30-5:30pm W/Th/F	\$320.00/\$195.00
Peewee Shooting/Power Skating 6:15pm M/T, 5:45pm W/Th/F	\$195.00
Midget Conditioning Camp 8:30-9:45pm	\$220.00

### Week 4: Aug 16-20:

Peewee Rep ½ Day Camp 10am-2:15pm	\$340.00/\$215.00
Atom Rep ½ Day Camp 1:30-5:30pm (TH 2:30pm Ice Only)	\$295.00/\$195.00
Bantam Rep Ice 5:45pm (TH 3:45pm)	\$195.00
Midget Rep Ice 8:30pm-9:45pm (no ice Tues)	\$195.00

### Week 5: Aug 23-27:

Atom Skills/Drills- Sun 9:30am, M-Thurs 4:15pm	\$195.00
Peewee Skills/Drills- Sun 11am, M-Thurs 5:30pm	\$195.00
Bantam/Midget Ice- Sun 12:30pm, M-Thurs 6:45pm	\$195.00

### Week 6: Aug 30/31-Sept 3/4:

Initiation ½ Day Camp 8:30am-12:30pm Aug 31-Sept 4	\$320.00/\$195.00
Midget Rep Ice 6:00pm-7:15pm Aug 30-Sept 3	\$220.00

All program pricing is subject to GST.

# 2015 Summer Camps

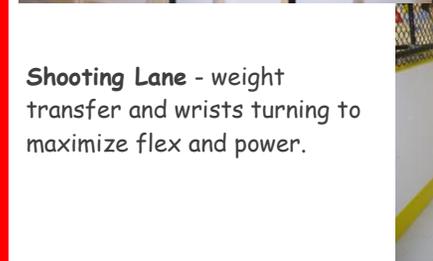


**Skating Treadmill** - kinesiologists and physiotherapists view of the ice skating stride. In most cases, gliding is not evident with young skaters.

**Power Slides** - core, balance, stick handling, conditioning, and posture.



**Mini-Rink** - synthetic ice- 10 step process to enhance power and accuracy.



**Shooting Lane** - weight transfer and wrists turning to maximize flex and power.



### Skating Treadmill Information

- \* The most comprehensive skating treadmill instruction on the market.
- \* All instructors are certified.
- \* Learning pressure points of blade to maximize power and efficiency
- \* Stride angle/extension.
- \* Video analysis.
- \* Proper recovery = foot speed.
- \* Increasing speed while expending less energy - translating the power of the stride into an efficient glide is critical to accomplish this effect.

## Camp Description

### Complex Hockey Training Facility - located on the 2nd floor of Sportsplex

4 Stations - skating treadmill, mini-rink, shooting lane, power slides. When we refer to 'dry land' training we are referencing Complex for developing skills such as skating, stick handling, passing, shooting, plus core strengthening.

**Shooting Clinics:** Fundamentals of shooting, quick release in Complex training facility followed by 1hr ice time focusing on driving to and attacking the net, deeks, and honing skills practiced. Register for full session or ice only

**All Age Battle Drills:** Skaters will be broken into groups by age/skill to improve confidence in corners, tight areas, and in front of the net, working on stance and puck protection.

**1/2 Day Camps:** One hour of ice daily plus 2.5 hours of skill development in the training centre - includes skating treadmill sessions, power slides, stick handling, shooting. Ice instruction to include flow drills, power skating, edge control, crossovers and quick starts. Camp includes Jersey and drift shirt if registered for full camp, option to register for ice only portion

**Treadmill Skate Camps:** Must have completed 5 treadmill sessions prior to clinic, ice sessions will utilize the techniques that have been learned on treadmill in on ice situations

**Defense Camp:** Backwards skating, pivots, transitions, angling, shooting, pinching, breakouts, and whatever else differentiates a defenseman from forwards. Migration through the 3 zones of the rink and D specific responsibilities. Skaters will be put in groups by age/skill

**Skills & Drills Camp:** Designed for a variety of ages - fundamental skills required to play this GREAT GAME! Emphasis is on Power Skating, Puck Control, Shooting & LOTS OF FUN!

**Shooting/Power Skating -:** A wide variety of power skating drills with an emphasis on flow drills and passing. Puck handling, shooting, and movement is the primary focus.

**Rep Ice:** High intensity, fast paced skating, skills, and shooting. Majority of drills will include puck handling and fast paced flow drills.

**Rep Prep Camps:** Rep camps are intended for players trying out for Rep teams in their respective associations to include skills, drills and conditioning helping players be their best for tryouts

**Clinics Available Upon Request** - 10-12 players required - pricing TBD

**Body Checking Camp:** Available upon request - Instruct safe and effective ways to give & receive a body check through a series of progressions.

## General Info

All sessions are at Sportsplex

Minimum Class Size = 8 skaters

Maximum Class Size = 16 skaters

Instructor/Player Ratio = 1:6 Ice/1:4 Complex

Goalies-1/2 price for all camps

Official Camp Jerseys for all participants/Dri Fit shirt included with 1/2 day camps

All half day camps include a healthy snack

Move up policy: Players may only move up to an older age group upon written permission from the Head Instructor: Paul Whintors

Register online @ [www.complexhockeytraining.com](http://www.complexhockeytraining.com)

Inquiries 604 329-6736



### Our Staff, Our Mission

Paul Whintors - Head Instructor - former NCAA Varsity hockey player @ Cornell University.

Brad Bakken, Sam Gemmell, Jacob Reichert, Kaely McMurty, Darien Craighead, Carl Walker all skating treadmill operators are certified instructors

Fun, challenging, and motivational training techniques for assured development. Parents and children gain from their enrollment - a return on investment guaranteed .

