



## Complex Prep~Atom 1/2 Day Camp

**Paul Whintors & Peter Schaefer**

**July 9 - 13, 2018**

**Cost: \$550 + GST**

Paul Whintors and Peter Schaefer have joined forces to offer a complete program to take your game to the next level. Details for the week are as follows:

Mon, Wed, Thurs, Fri

- 1:30-4:15pm:** Treadmill/shooting - training centre
- 4:30-5pm:** stretch/prepare for the ice
- 5-6:00pm:** Ice M/W/T, Friday 5:15-6:15pm
- 6:10pm:** Parent pick up from dressing room

Tuesday

- 1:30-3:30pm:** Treadmill/shooting - training centre
- 3:30-4pm:** stretch/prepare for the ice
- 4-5:00pm:** Ice
- 5:10pm:** Parent pick up from dressing room

Time in our training centre for skill development allows the hockey athlete to accelerate their development with many high frequency repetitions in order to create the proper habit for skills. With 4 stations to focus on the core skills of stick handling, passing, shooting and most importantly the skating via our skating treadmill instruction methods.

We host the most comprehensive skating treadmill program available in the market of training facilities. You will be sure to have measured results and Peter will attest to that - just ask him about his earlier career of training on the skating treadmill - he will be happy to tell you about his successes with that machine.

The camp will be limited to 16 players in the training centre.

Ice: Sportsplex

Registration: [complexadmin@shaw.ca](mailto:complexadmin@shaw.ca), 604 882 1611 x715

Paul Whintors: 604 329 6736

Peter Schaefer 778 866 2905