



Complex Hockey Training 1/2 Day Atom Girls Development Camp July 9-13, 2018

Complex Hockey Training is running a specialized half-day girls hockey camp by request for the Maple Ridge Barracuda Association. Main features of this camp include:

- an hour of ice daily
- skill development in our training centre
- increase power and accuracy in shooting
- skating treadmill - enhance overall biomechanics of skating
- stick handling and puck management
- passing

M/W/T/F (NOTE: Tues time change below)

4:15-5:45pm - treadmill/shooting - Complex Training Facility

6:15-7:15pm - Ice M/W/T (Sportsplex), Fri 6:30-7:30pm

Tuesday

5:45-7:15pm - Treadmill/Shooting. Complex Training

7:45-8:45pm - Ice

Pricing - \$385+gst

To Register:

complexadmin@shaw.ca - player information and transfers

phone - 604 882 1611 x715

Inquiries - 604 329 6736 - Paul Whintors

Special Guest - Peter Schaefer - Vancouver Canuck Alumni

Langley Sportsplex~ Complex Hockey Training 20165 91 A Avenue Langley BC