



Complex Hockey Training Bantam Girls Development Camp July 20-23, 2018

The primary focus of instruction for the above note session will be as follows:

- power skating - gears of skating - forward and backwards, transitions
- conditioning skates
- skill development via stations
- shooting and puck handling via stations
- passing and flow drills
- battle and compete - small area games

7-8pm - Sportsplex - Mon, Tues, Wed, Thurs

Pricing - \$120+gst

To Register:

complexadmin@shaw.ca - player information and transfers

phone - 604 882 1611 x715

Inquiries - 604 329 6736 - Paul Whintors

Staff of Coaches: Peter Schaefer - Vancouver Canuck Alumni
Alec Capstick - Langley Rivermen/Complex Coach
Brad Bakken - Langley Trappers/Rivermen
Jason Northard - WHL Alumni

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

revised June 14/18