



Summer Camp - Pee wee Girls Rep Prep

Skate with Paul Whintors - Complex Hockey Training

Hockey skills with a strong emphasis on power skating and teaching 3 gears of skating forward and backward. Players will be challenged with many aspects of the game through individual skill development and tactical play. Fun, demanding and challenging drills in order to develop proper technique and skills. Paul's most recent season included being an integral part of the Langley bantam coaching staff that won the Provincial banner after being a part of the girls development for many years in our community.

Skate with Heather McLaren - National Figure Skater

A strong emphasis on edge control during turns and cross-overs in order to maintain speed and balance during play. Maximizing muscle usage and joint movements in order to create agility and mobility is Heather's specialty. Backwards will be emphasized as many young players focus more on forwards skating compared to backward skating.

Special Guests - Peter Schaefer (NHL), Brad Bakken (WHL, Trinity, GM/Owner Langley Trappers), Scott Farrell (NCAA)

Program Period: June 14 - Aug 30 @ Sportsplex

Program Cost: \$580 (plus GST)

Weekly Visits: \$60 - 2 skates

Register Email: complexadmin@shaw.ca or phone 604 882 1611 x715 Belinda

Payment Terms: \$400 deposit and remaining \$180 June 30

Scheduled skates:

Thurs June 14	6:15pm	Paul	Fri July 27	6:00pm	Paul
Tues June 19	6:15pm	Paul/Heather	Sun July 29	4:45pm	Paul
Thurs June 21	6:15pm	Paul	Thurs Aug 2	7:15pm	Heather
Tues June 26	6:15pm	Paul/Heather	Tues Aug 7	6:15pm	Paul
Thurs June 28	6:15pm	Paul	Thurs Aug 9	7:45pm	Paul/Guest
Tues July 3	5:15pm	Paul/Heather	Tues Aug 21	6:00pm	Heather
Thurs July 5	6:15pm	Paul	Mon Aug 27	4:00pm	Paul/Guest
Tues July 10	5:15pm	Heather	Tues Aug 28	6:00pm	Paul
Thurs July 12	5:15pm	Heather	Wed Aug 29	7:45pm	Paul/Heather
Fri July 20	5:00pm	Paul/Guest	Thurs Aug 30	4:30pm	Paul/Heather
Sun July 22	4:45pm	Paul/Guest			

Additional Options for Summer Training

Option 2 - Group Treadmill 10 Package - 3-4 skaters - \$400 each (from \$480)

Option 3 - Group Treadmill/Shooting 10 Package - 3-4 players - \$600 each (from \$700)

Option 4 - 1/2 Day Camp Treadmill/Shooting Aug 27 - 30 prior to ice - \$250 each

Regards,

Coach Paul - Complex Hockey Training