

Twin Centre Summer Development Camp

Overview:

To those who don't know and a reminder for those who do. This is a dryland training camp that ran for the first time last summer. We have the Wellesley arena rented for an hour, which breaks into 30 minutes of dryland, and 30 minutes of hockey specific training. A few things being used with dryland training are agility ladders, agility cones and skipping ropes. For the hockey specific portion, shooting, puck control and balance are where we will be focused.

Last year we ran for 4 weeks in August. However, based on your feedback, this year will consist of 3 weeks in June, and 2 weeks in August (see actual dates below). We will be providing participants with a package containing activities that they can do each week during our off time. We have planned to perform a test on our first day, and each participant will record their results at each activity. Then we will perform another evaluation during the last week's sessions so they can track how they progressed over the summer.

One thing we stress to keep in mind for both parents and participants is that we want this to be FUN. Everyone should come and go with a smile and ultimately become closer with those around them. Hockey is a team sport and every player within Twin Centre is a part of the same big team.

If you have any questions or concerns please email us at:
summerdevcamp@gmail.com

Twin Centre Summer Development Camp

Dates: June (6,8,10)(13,15,17)(20,22,24)(Monday, Wednesday, Friday)
August (8,10,12)(15,17,19)(Monday, Wednesday, Friday)

Time: 7:00-8:00 pm

Location: Wellesley Arena

Age Group: Pee wee and Bantam players for the 2016-2017 season

The cost of the camp will be \$55.00, and our set registration dates will be **Saturday, May 14 and Saturday, May 21 from 11 am – 12 (noon)** at the Wellesley arena. If paying by cheque, please make payable to Brandon Bisch. If you are unable to make these, please contact us prior to this date so we can make other arrangements. (summerdevcamp@gmail.com)

We will accept players up until the first session, however registering after May 21st will up the cost to \$60.

What we need:

Player Name: _____ Pee wee/ Bantam (circle)

Email: _____

Parent/Guardian: _____

Phone: _____ Alternate Phone: _____

For the players:

Goals this year: _____

What do you want to gain from the camp/ what do you want to improve on?

Parent/Guardian Signature: _____

Date: _____