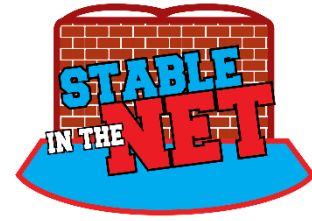




# **Stable in the Net** **Camp Athena's**



## **Camp Info**

The Athena's camp is an all-girls camp with a focus on the female game of hockey. This short 2 day camp at the end of August will set the goalies up and hone their skills before evaluations. The components of this camp are below:

**4 hours on-ice** - Detailed technical instruction, Prep for upcoming evaluations.

**2 Pilates/Dryland sessions** - Stretching & core strength.

**1 short Mental Prep session** - How to mentally prepare to compete at the best of your ability.

## **Daily Schedule**

**Wed Aug. 26:** On-Ice 9-10am / Off-ice 1015-1110am / On-Ice 1130-1230pm

**Thu Aug 27:** On-Ice 9-10am / Off-ice 1015-1110am / On-Ice 1130-1230pm

## **Notes**

- Registration will be open after 815am
- Ice and dryland will be at the Penhold Multiplex.
- Every goalie will receive a limited edition jersey to wear at the camp and to keep.
- Proper gym wear will be necessary for all off-ice sessions.
- Other Merchandise will be available for purchase throughout the week.