



Stable in the Net **Sharp Skills Camp**



Camp Info

The Sharp Skills camp is designed for goalies playing U11 or U13 at an elite level. This camp will push goalies out of their comfort zone to try new techniques and focus on in depth save selection. All areas of the position will be covered during our on-ice sessions. Here is what the camp will include:

Daily Schedule

Monday Aug. 10: On-ice 815-915am / Dryland 945-1045am / On-ice 1115-1230pm

Tuesday Aug. 11: On-ice 815-915am / Dryland 940-1040am / Mental Skills 1045-1110am / On-ice 1130-1230pm

Wednesday Aug. 12: On-ice 815-915am / Dryland 945-1045am / On-ice 1130-1230pm

Thursday Aug. 13: On-ice 815-915am / Dryland 940-1040am / Mental Skills 1045-1110am / On-ice 1130-1230pm

Notes

- Registration will be open after 730am Monday morning.
- 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 dryland sessions.
- If weather is poor, we will train inside the rink.
- Other Merchandise will be available for purchase throughout the week.