



# **Stable in the Net** **Holiday Camp**



## **Camp Info**

The Holiday Camp is designed for goalies all ages. This camp will combine detailed instruction with skating and tracking drills. The Holiday camp will be split between 2 groups based on age. Each group will have the following components:

**4 hours on-ice** - Detailed technical instruction, skating & tracking.

**2 Dryland sessions** - Flexibility and Hand-eye co-ordination and Games.

**1 Mental Prep session** - First half recap and second half prep.

## **Daily Schedule (Young Warriors)**

**Monday Dec 29:** On-Ice 1115-1215 / Off-Ice 1245-145pm / On Ice 215-315pm

**Tuesday Dec 30:** Mental Prep 12-1220pm / On-Ice 1245-145 / Off-Ice 2-3 / On-Ice 315-415pm

## **Daily Schedule (Old Soldiers)**

**Monday Dec 29:** On-Ice 10-11am / Off-Ice 1130am-1230pm / On Ice 1-2pm

**Tuesday Dec 30:** On-Ice 945-1045am / Mental Prep 1115-12 / Snack / Off-Ice 1230-130 / On-ice 2-3pm

## **Notes**

- Registration will be open 45 minutes before the first ice time.
- Ice and dryland will be at the Penhold Multiplex.
- Proper gym wear will be necessary for all dryland sessions.
- Other Merchandise will be available for purchase throughout the week.