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:

4.25 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 (Juniors)

Tuesday Dec 29: On-Ice 945-1045 / Off-Ice 1115-1215 / On Ice 1230-145 / Mental Prep 2-215

Wednesday Dec 30: On-Ice 1-2 / Off-Ice 215-315 / On-Ice 330-430

Daily Schedule (Sergeants)

Tuesday Dec 29: On-Ice 945-1045 / Off-Ice 1115-1215 / On Ice 1230-145

Wednesday Dec 30: On-Ice 1-2 / Off-Ice 215-315 / On-Ice 330-430 / Mental Prep 445-5

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.
- Jerseys are only given at Summer camps, so please bring your own jersey.