



Stable in the Net **Alpha SR Camp**



Camp Info

The Alpha Sr camp is designed for goalies ages 13-18 that are want to push themselves while focusing on the basics and creating strong foundational habits. This camp will focus on basic skating but will also push each goalie grow as an athlete. Here is what the camp will include:

4 hours of on ice instruction - Technical basics, skating, tracking & proper movement.

3 Dryland sessions - Hand-eye, cardio and team games.

2 Mental Prep session - Importance of routine and preparation for upcoming season.

Daily Schedule

Monday July 27: On-ice 330-430pm / Off-Ice 445-545pm

Tuesday July 28: On-ice 330-430pm / Off-Ice 445-545pm

Wednesday July 29: On-ice 330-430pm / Mental Prep 445-515pm

Thursday July 30: On-ice 330-430pm / Mental Prep 445-515 / Off-Ice 515-615pm

Notes

- Registration Will be open on Monday July 31 at 230pm.
- 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.