



2023

PRE-CHRISTMAS
Camp

SKATING, SKATING & MORE SKATING

**THE VERY FOUNDATION OF THE SPORT
4 HOURS OF THE HIGHEST QUALITY SKATING INSTRUCTION**

DECEMBER 23RD & 24TH

THE ICE RANCH

**DIVISIONS
FOR 8U & 10U-15U**

**UNMATCHED ENERGY
IN AN UNMATCHED
ATMOSPHERE**

**YOU DO NOT WANT
TO MISS OUT
ON OUR SKATING!**



SKATING THE FOUNDATION OF HOCKEY

IF YOU DON'T USE IT, YOU LOSE IT

We all know it. Skating is an art, but it is also a constant work in progress. And it is true, if you don't use it, you lose it. Of course you won't forget how to skate, but it revolves around the importance of getting back to the basics. During the season it feels like there's never enough time for anything, especially slowing it down and focusing on skating and edge work. So, now is your time for a little mid-season refresher with all kinds of skating including the following;

- ✓ **Powerskating & Edge Work**
Forwards & Backwards
- ✓ **Functional Skating**
Crossovers, Stops & Starts, Punch Stops, Lateral Maneuvers, Transitions, Pivots & More
- ✓ **Overspeed**
Pushing Players Past Their Comfort Zones & Finding Another Gear

Hour 1: Powerskating

Hour 2: Powerskating

Hour 3: Nothing But Backwards (Everyone Needs This!)

Hour 4: Move Your Feet (Burning Them Cookies Off!)

8U

December 23rd - 10:20-11:20am & 11:30-12:30pm
December 24th - 10:20-11:20am & 11:30-12:30pm

10U-15U

December 23rd - 12:40-1:40pm & 1:50-2:50pm
December 24th - 12:40-1:40pm & 1:50-2:50pm

**COST \$220
PER SKATER**
(GOALIES WELCOME TO JOIN!)

**FEEL THE ENERGY AND THE EXCITEMENT
IN THE ABSOLUTE BEST ATMOSPHERE
FOR YOUR PLAYER'S DEVELOPMENT**

**EXPERIENCE
THE DIFFERENCE**

