

BEST PERFORMANCE SPORTS TRAINING PRESENTS: Back to School and Ready for Tryouts Skating Camp

- This camp will place athletes in a high coach to player ratio. **THE BEST PERFORMANCE SPORTS TRAINING TEAM** will guide **10** players per group through intense athlete centered instruction. Each group will have focused sessions that concentrate on skating fundamentals, advanced skating techniques and game performance skating. Our unique instruction allows athletes to excellent technique, explosive acceleration and dynamic agility allowing them to do everything at full speed, creating a more dominant **hockey** player. Athletes will develop incredible balance and will learn to gain speed instead of losing it when changing direction.
- Goalie sessions will be 60-minute sessions focusing on skating and recovery techniques used by goaltenders. These skating techniques will help goalies develop balance and speed while moving around the net.

When: Aug 29th to Sept 1st	Division and Birth Year
8:30am – 9:30am	Novice - 2004 & 2005 Birth year
9:30am – 10:30am	Novice - 2003 Birth year
10:45am – 11:45am	Atom - 2002 Birth year
12pm – 1pm	Atom - 2001 Birth year
1:45pm – 2:45pm	Goalie Sessions 2002 to 1998
2:45pm – 3:45pm	Peewee – 1999 & 2000 Birth year
4pm – 5pm	Bantam - 1997 and 1998 Birth Year
5:15pm – 6:15pm	Midget - 1994 to 1996 Birth Year

All sessions will be at the Pomeroy Sports Centre

Session Breakdown:

1. Skating basics, balance, power, acceleration techniques
2. Explosive foot speed forwards, edges, lateral movement
3. Backwards skating, backwards lateral movement
4. Balance, edges, winning puck battles
5. Goalie sessions – crease movements, edge work, recoveries, rebound control

How Much?

Players and Goalies

Option 1: All sessions (4 ice sessions) \$150 HST included

Option 2: Individual sessions \$45 HST included

ATTENTION - All players that attended our Spring Break 3 on 3 Camp or the 2011 North Peace Alumni Camp will receive a \$20 discount on Option 1

How Do I Register?

1. Registration will be first come first serve. **There are only 10 spots available per ice slot. This will ensure a high coach to athlete ratio.**
2. Go to Ernie's Sports Experts in Fort St. John and pick up a registration form.
3. Complete the form and give it to the front desk personnel with payment enclosed.
4. Some adjustments will be made based on registration numbers.
5. Be sure to include an email address on the registration form so registration can be confirmed.
6. If you have any questions email Phil Hiscock at phiscock@prn.bc.ca or call 261 – 0887.

At Best Performance our mission is to provide a highly motivating, fun, learning environment for all hockey players in Fort St. John. We have a vested interest in player development in the Fort St. John and the surrounding area, and pride ourselves on the success of our local athletes. We strive to provide high quality instruction matched by no one else in BC and Alberta.

Presented By:



Fort St. John