

BEST PERFORMANCE SPORTS TRAINING

Skating Skills Camp - 2019

- These sessions will place athletes in a high coach to player ratio. **THE BEST PERFORMANCE SPORTS TRAINING TEAM** will guide **14** 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 develop 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 26, 27, 28, 29 & 30th | Division and Birth Year |
|---|--|
| 8:30am – 9:30am | Initiation – 2014, 2013 Birth year |
| 9:30am – 10:30am | Novice – 2012 Birth year |
| 10:45am – 11:45am | Novice – 2011 Birth year |
| 12pm – 1pm | Atom – 2010 Birth year |
| 1:45pm – 2:45pm | Atom – 2009 Birth Year |
| 3pm – 4pm | Peewee – 2007 & 2008 Birth Year |
| 4:15pm – 5:15pm | Bantam/Midget – 2002 to 2006 Birth Year |
| 5:30 – 6:30pm | Goalie Session 2012 to 2002 Birth Year |

All Sessions will be held at the Pomeroy Sports Centre

How Much?

Players and Goalies

All sessions (5 ice sessions) \$180 GST included

*All players that attended our 2018 Day Camp or Peewee and Bantam Camp receive a **\$40** discount*

*All players that attended our 2018 Spring Break 3 on 3 Camp receive a **\$20** discount*

*Discounts cannot be combined \$40 is the max discount

How Do I Register?

1. Registration will be first come first serve. **There are only 14 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. Include an email address on the registration form so registration can be confirmed on August 18th
5. If you have any questions email Phil Hiscock at bestperformancephil@gmail.com or call/text 250-261-0887.

IMPORTANT!! Please indicate which group you would like (This may change based on registration numbers)

Amount Enclosed _____ Cash _____ Cheque# _____ Etransfer _____

Guardian Name: _____ Phone Number: _____

Email(**please print clearly**) Primary: _____

Secondary: _____

Player Name: _____ DOB (mm/dd/yy): _____ Age: _____

- Please make cheques payable to **"Phil Hiscock"**

