***Best Performance Sports Training:***

***Hockey School Day Camp – FSJ, BC***

* Camp Description Group #1 and #2 – This day long camp runs from 8:30am to 4pm each day. Athletes will receive 2 hours of ice each day focusing on skating skills and puck skills. The last day of the camp will be a mini small area games tournament. All athletes will spend the off-ice time playing various games and doing various drills to help develop motor coordination and effective movement patterns. The goal of these sessions is to develop all around athleticism. There are spots for 24 skaters and 4 goalies in each group.
* GOALIES - This Camp will have a goalie instructor on the ice for every session. Goalies shall receive a minimum of 5 hours of individual goalie instruction accompanied by games and drills.

**Daily Schedule: August 21st to 25th All Sessions: Pomeroy Sports Centre**

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| --- | --- |
| Group #1 2010, 2009 Birth Year | Group #2 – 2008, 2007, 2006 Birth Year |
| 8:30am – 9:30 Ice #19:30am – 10 Gear off/Snack10am – 11:45 – Off Ice Activity11:45am – 12:30 - Video12:30pm – 1 - Lunch1pm – 1:30 – Gear On1:30 - 2:30 – Ice #22:30 – 3:45 – Off Ice Activity3:45 -4pm - Pick Up | **8:30am – 9:15 – Off Ice Activity****9:15am – 9:45 – Gear On****9:45am – 10:45 – Ice #1****10:45am – 11:15 – Gear off/Snack****11:15am – 12:45 – Dryland Training****12:45pm – 1:30 – Video****1:30pm – 2 – Lunch****2pm – 2:30 – Gear On****2:30pm – 3:30 – Ice #2****3:45pm – 4 – Pick Up** |

# How Much?

## Players and Goalies

Group #1 or Group # 2

1. Price before July 1st - $325 for all 5 days
2. Price After July 1st - $345 for all 5 days

# How Do I Register?

1. Registration will be first come first serve. **There are limited spots available.**
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. Include an email address on the registration form so registration can be confirmed on August 17th
6. If you have any questions email Phil Hiscock at phiscock@prn.bc.ca or call 250-261-0887.