



## **Spring Break - Skill Development & 3 on 3 Tournament**

- Join Phil Hiscock, Cam Carruthers, and others, as we guide each group through 3 intense athlete centered sessions. Each group will have focused instruction that will concentrate on checking, 2 player tactics and 3 player tactics. Our camp goal is for our athletes to develop their team based offensive and defensive tactics as well as become more effective stick and body checkers.
- The 2 day 3 on 3 tournament will be held on the final 2 days of the camp

<b>When: March 28th to April 1st</b>	<b>Division and Birth Year</b>
8:30am - 9:30am	Novice - 2003 & 2004 Birth Year
9:30am - 10:30am	Novice - 2002 Birth Year
12:30pm - 1:30pm	Atom - 2001 & 2000 Birth Year
1:45pm - 2:45pm	Pee wee - 1998 & 1999 Birth Year
3pm - 4pm	Bantam - 1996 & 1997 Birth Year
4:15pm - 5:15 pm	Midget - 1993, 1994 & 1995 Birth Year

*All sessions will be at the Fort St. John Rec Centre*

### *Session Breakdown by Day:*

1. Checking Part 1 - positioning and stick checks
2. Checking part 2 - angling and pinning, and 2 player tactics
3. Checking part 3- body checking and puck battles , 3 player tactics and 3 on 3 team announcement
4. 3 on 3 - round robin
5. 3 on 3 playoffs and final

**Note:** Novice session will have a higher emphasis more fundamental hockey skills.

### ***How Much?***

#### Players

Option 1: All sessions (5 ice sessions) \$150 HST included

Option 2: Individual sessions \$40 HST included

**ATTENTION - All players that attended the Back to School Skating Camp and/or the Christmas camp will receive a \$20 discount on Option 1**

### ***How Do I Register?***

1. Registration will be first come first serve. There are 12 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](mailto:phiscock@prn.bc.ca) or call 261 – 0887.

***Attention all Goalies*** - we will need 4 goalies from each age division for the last 2 days of the camp. There is no charge for this service. If you are interested please let me know as soon as possible.

Presented By: 

*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 this 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.*