Best Performance Spring Break - Skill Development & 3 on 3 Camp

NEW SCHEDULE

* *Join the Best Performance Team, as we guide each group through 3 intense athlete centered sessions. Each group will have focused instruction that will concentrate on checking skills, puck skills and attack tactics. The camp’s goal is for our athletes to develop into more effective checkers as well as more tactically aware and skillful hockey players*
* *The 3 on 3 Tournament will be held on the final day of the camp and is a culminating event for the entire camp and season!*

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|  | **Session #1** | **Session #2** | **Session #3** | **Game #1** | **Game #2** |
| **Pre-Novice**  **2011 – 2012** | March 25th  12:30 – 1:30 | March 26th  8:30 – 9:30 | March 27th  8:30 – 9:30 | March 28th  8:30 – 9:30 | March 28th 3:30 – 4:15\* |
| **Novice #1**  **2010 Birth Year** | March 25th  2:45 – 3:45 | March 26th  12 - 1 | March 26th  5:30 – 6:30\* | March 27th  3 - 4 | March 28th  9:15 – 10:15 |
| **Novice #2**  **2009 Birth Year** | March 25th  4 – 5 | March 26th  1:45 – 2:45 | March 27th  1:45 – 2:45 | March 28th  11:45 – 12:45 | March 29th  9:45 – 10:45 |
| **Atom**  **2008 Birth Year** | March 26th  10:45 – 11:45 | March 26th  4:15 – 5:15\* | March 27th  12 - 1 | March 27th  5:30 – 6:30\* | March 28th  2:15 – 3:15 |
| **Atom#2/Peewee**  **2007 - 2005** | March 25th  1:30 – 2:30 | March 25th  5:15 – 6:15\* | March 26th  9:30 – 10:30 | March 26th  3 – 4\* | March 27th  9:30 – 10:30 |
| **Peewee**  **2005 - 2006** | March 27th  10:45 – 11:45 | March 27th  4:15 – 5:15\* | March 28th  10:30 – 11:30 | March 28th  4:15 – 5:15\* | March 29th  11 - 12 |
| **Girls Only**  **Peewee/Bantam/Midget** | March 28th  1 -2 | March 28th  5:30 – 6:30\* | March 29th  8:30 – 9:30am | March 29th  12:15 – 1:15\* | No Ice |
| **Bantam/Midget Prep 2004+** | March 25th  7:45 – 9:45 | March 26th  7 - 9 | March 27th  7 - 9 | March 28th  7 - 9 | No Ice |
| **Goalies All Ages** | March 26th  5:30 - 6:30 | March 27th  5:30 – 6:30 | March 28th  5:30 – 6:30 | No Ice | No Ice |

# All sessions are at the Pomeroy Sports Centre \*Second ice time that day

# Session Breakdown by Day:

1. Checking Part 1 – positioning, stick checks and puck protection
2. Checking part 2 – angling and body contact
3. Tactics – Triangulation, body fakes, passing, other…
4. Sessions 4 & 5 will be a 3 on 3 tournament

**Note:** Novice session will have a higher emphasis on more fundamental hockey skills. See website for more details [www.bestperformance.ca](http://www.bestperformance.ca)

# How Much?

## Players

1. All sessions (5 ice sessions) $175 GST included, ***Includes a Best Performance Jersey***
2. Bantam/Midget Prep and Girls Only (4 ice sessions) $160 GST Included, ***Includes a Best Performance Jersey***
3. Goalies (3 ice sessions) $125 GST Included, ***Includes a Best Performance Jersey***

## ATTENTION - ***All players that attended a 2017 Best Performance camp receive a $20 discount***

# How Do I Register?

1. Registration will be first come first serve. There are 16 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. Registration will be confirmed on March 22nd .
6. If you have any questions email Phil Hiscock at [phiscock@prn.bc.ca](mailto:phiscock@prn.bc.ca) or call 250-261-0887.