

Dates & Times

July 9-13:

Sully Stick Handling - Atom 5-6:00pm	\$150.00
Sully Stick Handling - PW/Bantam 6:15-8:15pm	\$250.00

July 16-20 / July 23-27 - 1 hr ice daily:

Group skates 9:30-10:30am and 10:45-11:45am	\$135.00
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Week 1: August 6-10

Atom/Peewee 1/2 Day Camp 8:45am-12:00pm	\$320.00
Atom/Peewee Full Day Camp 8:45am-4:00pm	\$495.00
Youth Development Camp 4-5pm	\$155.00

Week 2: August 13-17

Atom Rep 1/2 Day 9am-12:30pm	\$320.00
Peewee Rep Full Day 8:30pm-4:00pm	\$595.00
D Camp (peewee/bantam) 1:45pm-2:45pm	\$165.00
Youth Development (5-8yrs) 5:30-6:30pm	\$155.00
Skills/Drill/Skating (atom/pw) 6:45-7:45pm	\$155.00
Bantam - Treadmill/Drills	\$320.00

Week 3: August 19-23

Atom Rep Camp Full Day 8:15am-3:30pm	\$595.00
Peewee Rep Camp Full Day 8:15am-3:30pm	\$595.00
Atom AAA Focus (20, 21, 22) 5-6:00pm	\$90.00
Peewee AAA Focus (20, 21, 22) 7-8:00pm	\$90.00

Week 4: August 26-Aug 30

Atom B Pool 1/2 Day 8:30-12:00pm	\$295.00
Peewee B Pool 1/2 Day 12:30-4pm	\$295.00
H3/H4 1/2 Day 8am-11:30pm	\$295.00
Initiation - Ice only 3:45-4:45pm	\$155.00

* Full Day Rep Peewee Camp Aug 13-17 includes a game August 18 - hosted/coached by members of the Vancouver Giants - 3rd annual event.

All program pricing is subject to HST.

For a more detailed explanation of each program - see reverse

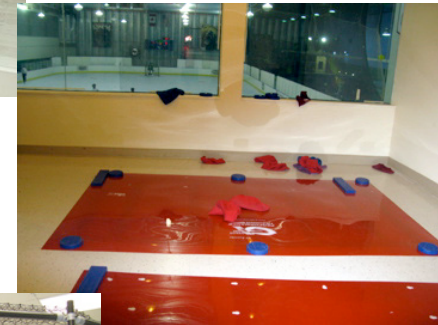


2012 Summer Camps



Skating Treadmill - kinesiologists and physiotherapists view of the ice skating stride. In most cases, gliding is not evident with young skaters.

Power Slides - core, balance, stick handling, conditioning, and posture.



Mini-Rink - synthetic ice - 10 step process to enhance power and accuracy.

Shooting Lane - weight transfer and wrists turning to maximize flex and power.





Skating Treadmill Information

- * The most comprehensive skating treadmill instruction on the market.
- * All instructors are certified.
- * Learning pressure points of blade to maximize power and efficiency
- * Stride angle/extension.
- * Video analysis.
- * Proper recovery = foot speed.
- * Increasing speed while expending less energy – translating the power of the stride into an efficient glide is critical to accomplish this effect.

Camp Itinerary

Complex Hockey Training Facility - located on the 2nd floor of Sportsplex

4 Stations - skating treadmill, mini-rink, shooting lane, power slides. When we refer to 'dry land' training we are referencing Complex for developing skills such as skating, stick handling, passing, shooting, plus core strengthening.

Sully Stick Handling: A full week of puck handling progressions with James Sullivan - visit www.sully.com

July Group Skates: Book your own group of 8-10 skaters and progress through a series of forward/backward stiding, edge control, passing and stick handling drills - 1 hour of ice daily. (minimum of 8 skaters required)

August 6-10: The full day camp consists of 1/2 day hockey skills and the other 1/2 various sports (soccer, baseball, floor hockey, etc). The 1/2 day group will be entirely hockey skills - 1 hour of ice for these groups daily.

1/2 Day Camps: One hour of ice daily plus 2 hours of skill development in the training centre - includes 3 skating treadmill sessions plus video analysis.

Full Day Camps: Two hours of ice daily plus individual skill development in the training centre - shooting, stick handling, skating treadmill w/ video analysis.

Defense Camp: Backwards skating, pivots, transitions, angling, shooting, pinching, breakouts, and whatever else differentiates a defenseman from forwards. Migration through the 3 zones of the rink and D specific responsibilities.

Youth Development Camp: Designed for a variety of ages - fundamental skills required to play this GREAT GAME! Emphasis is on Power Skating, Puck Control, Shooting & LOTS OF FUN!

Skills/Drills/Skating - Atom/Peewee: A wide variety of power skating drills with an emphasis on flow drills and passing. Puck handling, shooting, and movement is the primary focus.

Bantam Treadmill/Drills: Daily treadmill, ice and shooting. Majority of ice drills will include puck handling and fast paced flow drills.

Rep Camps vs B pool Camps: Rep camps are intended for players trying out for A1 teams in their respective associations while the B camps are intended for the players endeavoring to compete for the roster of an A2-A4 rep team.

Clinics Available Upon Request - 10-12 players required - pricing TBD

Body Checking Camp: Available upon request - Instruct safe and effective ways to give & receive a body check through a series of progressions.

Shooting Clinics: Available upon request in July.

Treadmill/Ice: 2 treadmills per wk plus ice daily available in July - book 1-3 wks

General Info

All sessions are at Sportsplex

Minimum Class Size = 10 skaters

Maximum Class Size = 26 skaters

Official Camp Jerseys for all participants

Goalies-1/2 price for all camps

Move up policy: Players may only move up to an older age group upon written permission from the Head Instructor: Paul Whintors

All half day camps include a healthy snack

Meal plan available for full day camps (\$75) two snacks and a healthy lunch

Register on line @ www.complexhockeytraining.com

Inquiries 604 882 1611 x 715



Our Staff, Our Mission

Paul Whintors – Head Instructor – former NCAA Varsity hockey player @ Cornell University.

Scott Farrell, Zack Garisto, Coleton Beck, Brad Bakken, Sam Gemell, Cody Stephenson – certified Redline High Performance Hockey Instructors.

Fun, challenges, and motivational training techniques for assured development. Parents and children gain from their enrollment – a return on investment is guaranteed.

