

# Dates & Times

## Week 1: July 16-19 (Tues-Fri) : Sully Stick Handling

|                                    |       |
|------------------------------------|-------|
| Atom 9:30-10:45am - Full...Sorry   | \$150 |
| Peewee 11am-12:15pm - Full...Sorry | \$150 |
| Midget/Bantam 2:30-4pm             | \$225 |

## Week 2: August 5-9

|                                                   |       |
|---------------------------------------------------|-------|
| Backwards skating development 1:15pm-2:15pm       | \$165 |
| Treadmill skaters - stride analysis 2:30pm-3:30pm | \$165 |

## Week 3: August 12-16

|                                      |       |
|--------------------------------------|-------|
| Atom Rep Full Day 8am-3:30pm         | \$595 |
| Peewee Rep Full Day 9am-4:15pm       | \$595 |
| Bantam Rep Full Day - 1:30-8pm       | \$595 |
| D Camp (peewee/bantam) 12pm-1:00pm   | \$185 |
| Midget skills/drills - 6:45pm-7:45pm | \$185 |

## Week 4: August 18-22

|                                                          |             |
|----------------------------------------------------------|-------------|
| Atom Rep Camp Half/Full Day (see details inside)         | \$320/\$595 |
| Peewee Rep 1/2 Day w/ battle drills (see details inside) | \$495       |
| Bantam Rep Half/Full Day (see details inside)            | \$320/595   |
| Atom Rep Ice (19- 21) - 4:45-5:45pm                      | \$90        |
| Peewee Rep Ice (19-21) - 6-7pm (21st - 8:30pm)           | \$90        |
| Bantam Rep Ice (19-22) - 7:15-8:15pm (22nd - 7:45pm)     | \$120       |

## Week 5: August 26-Aug 30

|                                                |          |
|------------------------------------------------|----------|
| Initiation 1/2 Day 12:45-4:00pm                | \$295.00 |
| Atom 1/2 Day 9am-12:00pm (Aug 27-29 only)      | \$225.00 |
| Peewee 1/2 Day 8:45am-12:45pm (Aug 27-29 only) | \$225.00 |
| Bantam 1/2 Day 3:30am-6:30pm (Aug 27-29 only)  | \$225.00 |
| Ice only - \$35 per skate                      |          |

\* Full Day Rep Atom/Bantam Camp Aug 12-16 includes a game August 17 - hosted/coached by members of the Vancouver Giants - 3rd annual event. Atom 10:15am / Bantam 2pm. Signing event upstairs at Complex post-game plus a camp appreciation bar-b-que.

# 2013 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 program 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.

## Some Camp Details...

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

4 Stations - skating treadmill with video analysis, mini-rink with synthetic ice, 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.

**Week 1 - July 16-19 Sully Stick Handling:** A full week of puck handling progressions with James Sullivan - visit <http://www.sullyshockey.ca>

**Week 2 - Aug 5-9 Treadmill Stride on Ice** - existing clients within the skating treadmill program only on the ice every day working on the efficiency components of the program.

**Backwards Skating:** Excellent for all young skaters - especially defensemen. Daily progressions of quick starts, tight turns, transitions, pivots, cross overs - plus puck control while skating backwards.

**Week 3 August 12-17** Atom, peewee, bantam full day camps 2 ice sessions, 3.5 hours of facility training including the skating treadmill/video analysis, core training, and other assorted physical activities - outdoor weather permitting. Meal plans available for \$75 for the week - heath first.

**Midget Skates** - daily 1 hour skates - variety of skills and drills

**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.

**Week 4 August 18-22** Full day day atom, peewee, bantam full day camps - 2 ice sessions, 3.5 hours of facility training including the skating treadmill/video analysis, core training, and other assorted physical activities - outdoor weather permitting. Meal plans available for \$75 for the week - heath first. Half day camps available upon request.

**Atom Rep Ice** - Aug 19-21 - 4:45-5:45pm - 3 days only - skills and drills...conditioning

**Peewee Rep Ice** - Aug 19-21 - 6-7pm (21 @ 8:30pm) - 3 days only - skills and drills...conditioning

**Bantam Rep Ice** - Aug 19-22 - 7:15-8:15pm (22 @ 7:45pm) - 4 days only - skills and drills...conditioning

**Week 5 August 26-30** Half day camps for initiation to Bantam - 1 hour of ice, 2 hours of facility training including the skating treadmill/video analysis, shooting/stick handling.

**Specialized** training available upon request - July/early August

**Body Checking Groups:** 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:** Compliment a 5 pack of treadmill instruction with 5 private ice sessions

## General Info

All sessions are at Sportsplex

Minimum Class Size = 10 skaters

Maximum Class Size = 20 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

Private sessions available upon request

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

Skate sharpening passes available for \$70 - unlimited until Mar 2014 - Offside Pro Shop

Register on line @ [www.complexhockeytraining.com](http://www.complexhockeytraining.com)

Inquiries 604 882 1611 x 715



### Our Staff, Our Mission

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

In a fun and challenging environment, we provide motivational training to all young hockey players for assured development - skill and confidence. Parents and children gain from their enrollment - a return on investment is guaranteed.

