



AUGUST MINI CAMP

AUG 19th, 20th, & 21st

Pre-Season Prep Camp

- MORE ICE THAN LAST YEAR!!
- Footwork & Power Skating
- In Tight Glove & Stick Control
- Depth Control in the Crease
- Post Explosion & Lateral Movement
- Puck Tracking & Visualization
- Rebound Control & Recovery
- Interval Cardio Training*
- Body Weight Exercise Circuits*
- Off-Ice Reaction Drills*

IN TIGHT DRILLS!

BIG Off-Ice Focus!

6 Hours

On Ice

3 Hours

Off Ice

1.5 Hour

Classroom*



12U & YOUNGER

\$310

Daily Schedule

Off Ice

8:30a – 9:30a

On Ice

10:00a to 12:00p

***Classroom**

Optional For 12U

14U & OLDER

\$325

Daily Schedule

On Ice

12:15p to 2:15p

Off Ice

2:30p – 3:30p

Classroom

3:30p – 4:00p

ALL SESSIONS HELD AT **THE HOCKEY HUT** IN CLIFTON PARK, NY!