

TOTAL CAMP

AUGUST 6 - 10, 2012 at Olympia Ice Center

AGES 5 - 9

COST: Full Day \$400/Half Day \$200

THIS IS THE BEST OF BOTH!

This camp blends all the best aspects of our Speed and Total camps into one "TOTAL" program. Each player will be challenged from the outset of each and every day. Players will be grouped according to their skill level to take full advantage of and maximize their individual growth and potential.

This camp is a full **3 hrs** of on-ice and **3 hrs** of off-ice per day (**1.5 hrs on-ice** and **1 hr off-ice** for **HALF-DAY** option). There will be little downtime for the player enrolled in this camp. Our on ice program will emphasize the execution of all drills to perfection with the focus devoted to each player and proper technique. The off-ice will challenge and promote stamina and core strength. It will also integrate each player into a structured series of uniquely developed drills that blend off-ice shooting, resistance training, plyometrics and core fitness.

If you are looking to work on your total game in a challenging, competitive and highly motivating environment, then this is the camp for you!

HALF-DAY

ICE.....8:30-10AM
HEALTHTRAX....10:30-11:45AM
LUNCH.....11:45-12:15PM
PICK-UP.....12PM

FULL-DAY

ICE.....8:30-10AM
HEALTHTRAX....10:30-11:45AM
LUNCH.....11:45-12:15PM
OFF-ICE
SHOOTING.....12:30-1:30PM
ICE.....2-3:30PM
PICK-UP.....3:30PM

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