



7th Annual Summer 2010 Hockey Day Camp

\$288.00 9 weeks / \$37.50 drop-in

Directed by Danny Lorenz & Les Grauer with KVHA Coaches

Includes 3.00 hours on-ice and 2.25 hours off-ice/video

Camp Daily Schedule

Fridays:

**June 25,
July 2, 9, 16, 23 & 30
August 6, 13 & 20**

8:00am - 8:30am Arrive at KVIC:
8:30am - 9:30am Off-Ice
10:00am - 11:30am On-Ice
11:45am - 12:15pm Lunch
12:15pm - 1:00pm Video / Play Time
1:30pm - 3:00pm On-Ice
3:30pm - 4:30pm Off-Ice
4:30pm - 5:00pm Depart

Include the Day Camp with Accelerated Training (see separate flyer) and get substantial discounts!!!

Summer Evening Training Sessions Available:

Skills \$169.00 (see flyer): Mondays, 6:30pm - 8:00pm

Goalies- Basic Skating Fundamentals and Butterfly Technique Development

Players- Stickhandling, Passing and Shooting Skill Development

Summer: 6/21, 28; 7/05, 12, 19, & 26; 8/02, 09 & 16

Power Skating \$148.00 (see flyer) Thursdays, 5:30pm - 6:15pm

(Stick n' Puck session from 6:30-8:00pm **included**)

Skating Skill Development- Learn proper stride so you can have quick acceleration, be able to stop on 1 or 2 feet, quick transitions, easier 3-turns, faster crossovers, better agility and maintain a faster pace for longer shifts.

Summer: 6/24; 7/01, 08, 15, 22 & 29; 8/05, 12 & 19

Summer Accelerated Training (see flyer) (schedule subject to change)

Mondays: (3.40 hrs on-ice)

8:00-8:30 Drop Off 8:45-9:45 Off-Ice
9:45-10:15 Video / Snack 10:45-11:30 On-Ice Skills
11:40-1:20 Scrimmage (Open Stick n' Puck)
1:30-2:30 On Ice Skills 2:45-3:30 Lunch / Video
3:30-4:30 Off-Ice 4:30-5:00 Video / Pick-up

Wednesdays: (3.00 hrs on-ice)

8:00-8:30 Drop Off 8:45-9:45 Off-Ice
10:15-11:30 On-Ice Skills 11:45- 12:45 Lunch / Video
1:30- 2:45 On Ice Skills 3:00-3:30 Skating (Public)
3:45-4:30 Off-Ice 4:30-5:00 Video / Pick-up

Tuesdays: (3.40 hrs on-ice)

8:00-8:30 Drop Off 8:45-9:45 Off-Ice
10:15-11:30 On-Ice Skills
11:40-1:20 Scrimmage (Open Stick n' Puck)
1:45-2:30 Lunch / Video 2:45-3:15 Skating (Public)
3:30-4:30 Off-Ice 4:30-5:00 Video / Pick-up

Fridays- Day Camp: (3.00 hrs on-ice)

8:00-8:30 Drop off 8:45-9:30 Off Ice
10:00- 11:30 On Ice 11:45- 12:15 Lunch
12:15-1:00 Video / Play Time
1:30- 3:00 On Ice 3:30- 4:30 Off-Ice
4:30-5:00 Video / Pick-up

9 weeks / 36 sessions

June 21, 22, 23, 25 / 28, 29, 30

July 2 / 5, 6, 7, 9 / 12, 13, 14, 16 /
19, 20, 21, 23 / 26, 27, 28, 30 /

Aug. 2, 3, 4, 6 / 9, 10, 11, 13 /
16, 17, 18, 20

\$37.50/day drop-in \$132.00/ 4 consecutive days

\$562.50 5 weeks or 20 Days

\$ 848.00 All Summer (9 weeks): 115 hrs - \$7.37/hr