

2024

SUMMER ELITE

DEVELOPMENT CAMP



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WELCOME!

Welcome to our Attack Sports Summer ELITE Camp. Our camp goals are to ensure that all of our athletes/participants:

- Learn and develop hockey-specific skills;
 - Polish current hockey-specific skills;
- Improve overall strength and conditioning;
- Ensure each athlete is ready for the 'try-out' season;
- In the BEST possible shape (on and off the ice) prior to tryouts;
- Have a positive experience;

If you have any questions please feel free to reach out. We are all here to help make this the best summer hockey camp possible!

DRYLAND SCHEDULE

WEEK #1 (June 18 & 20)

Group 1

Tuesday June 18 - 6:00 to 7:00 pm
Thursday June 20 - 6:00 to 7:00 pm

Group 2

Tuesday June 18 - 7:00 to 8:00 pm
Thursday June 20 - 7:00 to 8:00 pm

WEEK #2 (June 25 & 27)

Group 1

Tuesday June 25 - 6:00 to 7:00 pm
Thursday June 27 - 6:00 to 7:00 pm

Group 2

Tuesday June 25 - 7:00 to 8:00 pm
Thursday June 27 - 7:00 to 8:00 pm

WEEK #3 (July 2 & 4)

Group 1

Tuesday July 2 - NO DRYLAND
Thursday July 4 - NO DRYLAND

Group 2

Tuesday July 2 - NO DRYLAND
Thursday July 4 - NO DRYLAND

WEEK #4 (July 9 & 11)

Group 1

Tuesday July 9 - 6:00 to 7:00 pm
Thursday July 11 - 6:00 to 7:00 pm

Group 2

Tuesday July 9 - 7:00 to 8:00 pm
Thursday July 11 - 7:00 to 8:00 pm

WEEK #5 (July 16 & 18)

Group 1

Tuesday July 16 - 6:00 to 7:00 pm
Thursday July 18 - 6:00 to 7:00 pm

Group 2

Tuesday July 16 - 7:00 to 8:00 pm
Thursday July 18 - 7:00 to 8:00 pm

WEEK #6 (July 23 & 25)

Group 1

Tuesday July 23 - 6:00 to 7:00 pm
Thursday July 25 - 6:00 to 7:00 pm

Group 2

Tuesday July 23 - 7:00 to 8:00 pm
Thursday July 25 - 7:00 to 8:00 pm

WEEK #7 (July 30 & August 1)

Group 1

Tuesday July 30 - NO DRYLAND
Thursday August 1 - 6:00 to 7:00 pm

Group 2

Tuesday July 30 - NO DRYLAND
Thursday August 1 - 7:00 to 8:00 pm

ICE SCHEDULE

WEEK #1 (June 17 & 19)

Group 1

Monday June 17 - 7:15 to 8:30 pm

Wednesday June 19 - 7:15 to 8:30 pm

Group 2

Monday June 17 - 8:45 to 10:00 pm

Wednesday June 19 - 9:00 to 10:15 pm

WEEK #2 (June 24 & 26)

Group 1

Monday June 24 - 7:15 to 8:30 pm

Wednesday June 26 - 7:15 to 8:30 pm

Group 2

Monday June 24 - 8:45 to 10:00 pm

Wednesday June 26 - 9:00 to 10:15 pm

WEEK #3 (July 2, 3, 4)

Group 1

Tuesday July 2 - 7:30 to 8:45 pm

Wednesday July 3 - 7:15 to 8:30 pm

Thursday July 4 - 7:15 to 8:30 pm

Group 2

Tuesday July 2 - 9:00 to 10:15 pm

Wednesday July 3 - 8:45 to 10:00 pm

Thursday July 4 - 8:45 to 10:00 pm

WEEK #4 (July 8 & 10)

Group 1

Monday July 8 - 7:15 to 8:30 pm

Wednesday July 10 - 7:15 to 8:30 pm

Group 2

Monday July 8 - 8:45 to 10:00 pm

Wednesday July 10 - 8:45 to 10:00 pm

WEEK #5 (July 15 & 17)

Group 1

Monday July 15 - 7:15 to 8:30 pm

Wednesday July 17 - 7:30 to 8:45 pm

Group 2

Monday July 15 - 8:45 to 10:00 pm

Wednesday July 17 - 9:00 to 10:15 pm

WEEK #6 (July 22 & 24)

Group 1

Monday June 17 - 7:15 to 8:30 pm

Wednesday June 19 - 7:15 to 8:30 pm

Group 2

Monday June 17 - 8:45 to 10:00 pm

Wednesday June 19 - 8:45 to 10:00 pm

WEEK #7 (July 29, 30, 31)

Group 1

Monday July 29 - 7:15 to 8:30 pm

Tuesday July 30 - 7:30 to 8:45 pm

Wednesday July 31 - 7:15 to 8:30 pm

Group 2

Monday July 29 - 8:45 to 10:00 pm

Tuesday July 30 - 9:00 to 10:15 pm

Wednesday July 31 - 8:45 to 10:00 pm

ALL ICE SESSIONS WILL BE HELD AT 7 CHIEFS ARENA

FEELING SICK

If your athlete is feeling sick or have the onset of **ANY** symptoms including fever, sore throat, cough, or runny nose, please let our camp director know immediately.

We ask that your athlete **DOES NOT** participate in the day's activities if your athlete has any symptoms of any kind OR (or those who reside with you) are exhibiting symptoms.



ELITE CAMP INFORMATION

DRYLAND SESSIONS INCLUDE

- Agility Training
- Speed Development
 - Improved Quickness
 - Running Mechanics
- Strength Training
- Conditioning
- Sport Specific Training and Muscle Development

CLASSROOM SESSIONS INCLUDE

- Nutrition
- Importance of Sleep
- Recovery
- Hydration
- Injury Prevention
- Social Media
- Tryouts
- What it takes to be a professional athlete

ON-ICE SESSIONS WITH FOCUS ON

- High Intensity Practices
- Individual Tactics and Skill Development
 - Powerskating
 - Skating with the Puck
- Passing / Receiving the puck at speed
- Battle / Compete Drills
- Building Elite Player Habits
- Increased Hockey Knowledge and Concepts

CONTACT INFORMATION

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