



KNIGHTS OF COLUMBUS
LEDUC HOCKEY SCHOOL

AUGUST 12-16, 2019

Leduc Recreation Centre, Leduc, AB

Summer Hockey With the University of Alberta Golden Bears



In partnership with the Knights of Columbus Fr. Leduc Council #7061, the Golden Bears Hockey School is again coming to Leduc. A major objective for both organizations is to make this a positive learning experience for the participant in a fun-filled environment.

Enjoy the fantastic on and off-ice facilities of the Leduc Recreation Centre. There will be 4 camps and 2 open scrimmage groups with discount scrimmage rates for camp registrants!

Camp 1 - FUNDamentals

Ages 5 & 6 - Capacity 34 skaters - \$315

10:15 a.m. - 12:40 p.m. each day, last day scrimmage

This program is designed for the first time or beginner hockey player (but is not a learn-to-skate camp) and will emphasize hockey skills and skating development in a positive and fun-filled environment.

- 35 min of power skating per day
 - Emphasize proper technique, stops, starts, turns and balance through drills and games
- 50 min of off-ice program per day
 - Emphasize development through fun games and play
- 40 min of on-ice skills development per day
 - Emphasize basic technique, puck control, passing and receiving, shooting and skating skills

This camp emphasizes fun through games and drills.

Camp 2 - FUNDamentals Plus

Ages 6 & 7 - Capacity 30 skaters + 4 goalies* - \$380

8:15 a.m. - 11:45 a.m. each day, last day scrimmage

This program will further enhance skills learned in the first few years of hockey and emphasize skills and skating development through fun games and drills.

- 1 h of power skating per day
 - Enhance proper technique, stops, starts, turns, balance and agility
- 50 min of off-ice program per day
 - Emphasize developing balance and agility through fun games
- 1 h of on-ice skills development per day
 - Improve hockey skills, passing and receiving, puck control, shooting and skating skills

This camp emphasizes skills development enhancement through fun drills and games.

OPEN Scrimmages

Ages 7 & 8

Capacity
26 skaters + 4 goalies*
\$15/day or \$75/week
1:15 p.m. - 2:15 p.m.

Ages 9 & 10

Capacity
26 skaters + 4 goalies*
\$15/day or \$75/week
1:00 p.m. - 2:00 p.m.

Camp registrants receive a 20% discount on the weekly scrimmage rate.

Camp 3 - Skills & Concepts

Ages 7 & 8 - Capacity 30 skaters + 4 goalies* - \$380

9:30 a.m. - 1:00 p.m. each day, last day scrimmage

This program is designed to improve hockey and skating skills and continue growth as a hockey player.

- 1 h of power skating per day
 - Emphasize improving starts, stops, edge control, balance, coordination, turns and agility
- 50 min of off-ice program per day
 - Develop balance and agility through a combination of drills and games
- 1 h of on-ice skills development per day
 - Emphasize improving skating, puck control, passing and receiving and shooting technique

This camp emphasizes the continuing development of skills in a fun-filled and positive environment.

Camp 4 - Skills Development

Ages 9 & 10 - Capacity 30 skaters + 4 goalies* - \$380

9:00 a.m. - 12:45 p.m. each day, last day scrimmage

This program is designed for skills development and improving skating and hockey skills.

- 1 h of power skating per day
 - Enhance skating technique with edge control, acceleration, balance, agility, stops and starts
- 1 h of off-ice program per day
 - Continue to enhance balance, acceleration, speed and agility through drills and games
- 1 h of on-ice skills development per day
 - Enhance skills development, passing and receiving, shooting, skating drills and puck control

This camp emphasizes skills development in a fun-filled and positive environment.

More information at

www.leduckchokeycamp.ca

email info@leduckchokeycamp.ca

phone (780) 886-6682



*** Practice and Scrimmage goalies: No charge**