



8th Annual Summer 2011

# Hockey Day Camp

\$288.00 9 weeks (15% discount) / \$37.50 drop-in

(Pay for 3 at a time and get 12% off \$99.00)

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 24,  
July 1, 8\*, 15, 22 & 29  
August 5, 12 & 19

\*schedule change July 8<sup>th</sup>:

On-ice sessions 8:15-9:45am and **4:15-5:45pm**

8:00am - 8:30am	Arrive at KVIC:
8:30am - 9:30am	Off-Ice
<b>10:00am - 11:30am</b>	<b>On-Ice</b>
11:45am - 12:15pm	Lunch
12:15pm - 1:00pm	Video / Play Time
<b>1:30pm - 3:00pm</b>	<b>On-Ice</b>
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 \$150.00** (see flyer): Mondays, 6:30pm - 8:00pm

Goalies- Basic Skating Fundamentals and Butterfly Technique Development

Players- Stickhandling, Passing and Shooting Skill Development

8 weeks Summer: 6/20, 27; 7/11, 18, & 25; 8/01, 08 & 15

**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.

9 weeks Summer: 6/23, 30; 7/07, 14, 21 & 28; 8/04, 11 & 18

## 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

**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	

**\$37.50/day drop-in    \$99.00/ 3 consecutive days**

**\$421.80 5 weeks or any 15 Days**

**\$ 609.38 All Summer (8.3 weeks): 78.2 hrs - \$7.79/hr**

## 8.3 weeks / 25 sessions

**June** 20, 22, 24 / 27, 29,

**July** 1 / (cxld 4 & 6) 8\*/ 11, 13, 15 / 18, 20, 22 / 25, 27, 29 /

**Aug.** 1, 3, 5 / 8, 10, 12 / 15, 17, 19

Friday July 8<sup>th</sup> schedule change:

On-ice sessions 8:15-9:45am and 3:15-4:45pm