

### KENOSHA SUMMER

# HOCKEY CAMP

## **AUGUST 4-8**

2+ HRS OF ICE 2+ HR DRYLAND 1 HR VIDEO/HOCKEY THEORY

POWER SKATING | STRIDE | SPEED | AGILITY | ENDURANCE | EDGE WORK BODY CONTACT/CHECKING

\$650 PER WEEK/ \$150 DROP IN PER DAY

#### **SAVE \$100**

BY REGISTERING BEFORE APRIL 15, PLUS DISCOUNTS FOR SIBLINGS.

### **SCHEDULE**

- ✓ 8.30-9.10AM Off Ice
- √ 9.30-10.30AM Ice
- √ 10.30-10.50 Snack
- √ 10.50-12:15 Off Ice
- √ 12.15-1.10 Lunch/Hockey Theory
- ✓ 1.30-2.30 Ice
- √ 2.50-3.50 Off Ice
- √ 3.50-4.15 Off Ice/Cooldown

### **SKILLS**

- ✓ Power skating: stride, speed, agility, endurance, edge work
- ✓ Body contact/Checking
- ✓ Shooting: Wrist shot, slap shot, snap shot, quick releases, accuracy
- Stickhandling
- ✓ Skills in game settings
- ✓ Team concepts, strategy, and hockey sense

#### **KENOSHA ICE ARENA**

KENOSHA ICE ARENA 7727 60TH AVE KENOSHA, WI 53142

