



# Youth Summer Hockey Camps

## **Week-Long Hockey Camp**

**August 9-13, 2010**

This 5-day camp is an intense training to brush up on all of your skills prior to the fall season. Mites through Pee Wees get 10+ hours of on ice training and 5+ hours of off ice training while Bantams receive 7.5 hours of on ice and 6 hours of off ice to help prepare and sharpen their skills. These camps are designed to give the players the full package of skill work including skating, stick handling, passing, shooting and team play. Pee Wees and Bantams will also work on checking skills. At week's end each group will have a controlled scrimmage to use their new and improved skills in game situations.

### **Mites- \$250/ walk on day rate \$55**

9:50am-10:50am on ice  
11:00am-12:50pm off ice  
1:15pm-2:15pm on ice

### **Pee Wee- \$250/ walk on day rate \$55**

12:30pm-1:30pm on ice  
1:40pm-3:00pm off ice  
3:30pm-4:30pm on ice

### **Squirts- \$250/ walk on day rate \$55**

11:00am-12:00pm on ice  
12:10pm-1:30pm off ice  
2:00pm-3:00pm on ice

### **Bantam- \$200/ walk on day rate \$45**

1:30pm-2:45pm off ice  
3:00pm-4:30pm on ice

## **Goalie Clinic**

**June 21 - August 2 (7 weeks)**

Improve your goaltending skills with this comprehensive clinic. Training will focus on balance, proper angling, side to side quickness plus hand and foot speed. Older shooters with accuracy will be utilized for drills.

### **Mite/Squirt/PeeWee \$210**

Monday 7:10pm-8:10pm

### **Bantam/Midget/Adult \$210**

Monday 8:20pm-9:20pm

Register today in person or online at  
[pinnaclesportsdevelopment.com](http://pinnaclesportsdevelopment.com)

For more information, contact Bob Gohde,  
847-844-8700 or [b\\_gohde@leafsicecentre.com](mailto:b_gohde@leafsicecentre.com)



**847.844.1217**

[pinnaclesportsdevelopment.com](http://pinnaclesportsdevelopment.com)