



## **LAMBTON SHORES PRE SEASON CAMP**

This program challenges and prepares players for the upcoming season and tryouts by focusing on all aspects of skating such as quick starts, acceleration, transition turns, edging, cross overs and more. Pucks will be added during the on ice sessions in order to apply new skating techniques while controlling the puck.

Stick handling and puck control, shooting and passing will also be points of emphasis. All of these learned skills will be reviewed and refined during small group and full ice drills. Afternoon ice sessions will incorporate small area games and much more.

Players will also participate in off-ice conditioning, skill sessions and team games.

Please email your players name, birth year, phone number for the family and address to [scott@totalpackagehockey.ca](mailto:scott@totalpackagehockey.ca) to register.

**When: August 26<sup>th</sup> – August 29<sup>th</sup>**

**Where: The Shores Recreation Centre**

**Time: 9:00am – 3:00pm**

**Age: Group 1 Tyke/Novice, Group 2 Atom/Pewee**

**Cost: \$325 plus hst**

**\*\*sign up and we will pay \$25 towards your Lambton Shores Minor Hockey Pre Tryout camp\*\***