Bauer





_INT TRAINING CAMP 20

July 22 - 26 | \$445/Player - \$225/Goalie | ALL LEVELS

TRAINING CAMP FORMAT:

- Skill Development Focus 4
- 2 Ice Sessions Each Day 4
- I Hour Workout Each Day 4

ALL GROUPS, DRILLS, & 4 **WORKOUTS BASED ON** AGE/LEVEL

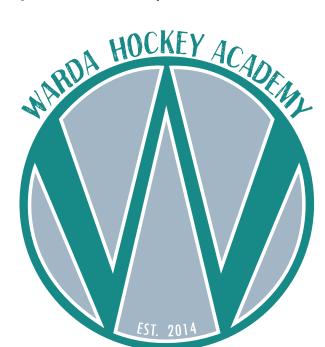
FOCUS AREAS:

- Ι. Increase Speed & Explosiveness
- Shot Form & Quick Release 2.
- Puck-Handling & Playmaking 3.
- Mini-Games & Battle Drills 4.
- Goalies: 1011 Training with Pro 5. Goalie - Lukas Hafner!

WHA COACHING STAFF

- * All Current Professional Players & Coaches
 - Staff Bios: www.wardahockeyacademy.com

EACH PLAYER WILL RECEIVE AN OFFICIAL CAMP JERSEY!



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Camp Itinerary

MONDAY - FRIDAY

Check In	8:30 AM
Dynamic Warm Up & Agility	8:40 - 9 AM
Ice Session #1	9:30 - 10:30 AM
Dryland Skills	10:30 - 11 AM
Lunch	11 - 11:30 AM
Video - Recovery	11:30 - 12 PM
Off-Ice Workout	12 - 1 PM
Ice Session #2	1:30 - 2:30 PM
Checkout	2:30 - 2:45 PM

Contact Owner: Ben Warda

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