

FLINT TRAINING CAMP 2019

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

TRAINING CAMP FORMAT:

- ✦ Skill Development Focus
- ✦ 2 Ice Sessions Each Day
- ✦ 1 Hour Workout Each Day
- ✦ **ALL GROUPS, DRILLS, & WORKOUTS BASED ON AGE/LEVEL**

FOCUS AREAS:

1. Increase Speed & Explosiveness
2. Shot Form & Quick Release
3. Puck-Handling & Playmaking
4. Mini-Games & Battle Drills
5. **Goalies:** 101 Training with Pro Goalie - Lukas Hafner!

WHA COACHING STAFF

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

**EACH PLAYER WILL
RECEIVE AN OFFICIAL
CAMP JERSEY!**



CRYSTAL FIELDHOUSE

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