

PRE-SEASON TRAINING CAMP

Capitals Hockey Academy

Hockey Director, Brad Surdam, and Capitals Hockey Academy Skills Development Coach, Ben Kwon, will put players through various drills that prepare them for their upcoming seasons and help them 'kick off the rust.'

Drills will be competitive based small area games that include an emphasis on skating, puck handling, and team concepts.

Players will receive a total of three 70-minute on-ice sessions AND two 40-minute off-ice workouts.



Capitals Hockey Academy Training Camp Schedule:

2008-2009 Birthyears:

On-Ice:

Friday August 31st 5:00pm-6:10pm
Saturday September 1st 9:00am-10:10am
Sunday September 2nd 9:00am-10:10am

Off-Ice:

Saturday September 1st 8:00am-8:40am
Sunday September 2nd 8:00am-8:40am

2006-2007 Birthyears:

On-Ice:

Friday August 31st 6:20pm-7:30pm
Saturday September 1st 10:20am-11:30am
Sunday September 2nd 10:20am-11:30am

Off-Ice:

Saturday September 1st 11:50am-12:30pm
Sunday September 2nd 11:50am-12:30pm

2002-2005 Birthyears:

On-Ice:

Friday August 31st 7:40pm-8:50pm
Saturday September 1st 1:00pm-2:10pm
Sunday September 2nd 1:00pm-2:10pm

Off-Ice:

Saturday September 1st 2:30pm-3:10pm
Sunday September 2nd 2:30pm-3:10pm

Cost: \$120 /player

*This training camp is only open to 2018-19 Capitals
Hockey Academy team players.
REGISTRATION NOW OPEN!

