

# CHOP WOOD CAMP



**GROUPS 1, 4, 5 & 6 ARE CANCELED**

**WHEN:**  
Monday - Thursday  
Week 1 - July 21-24  
Week 2 - July 28-31

**FEE:**  
\$395 for four days

**LEAD COACHES:**  
Ryan Danner - 16AAA  
Conner Lee - 14U-2  
Darren Yount - Goalies

## **Week 1 - July 21-24**

*\*Dryland before ice*

Group #	Birth Years	Gender	Time Frame	1st Ice Slot	2nd Ice Slot	Dryland
<del>Group 1</del>	<del>2015-2016</del>	<del>Coed</del>	<del>8:00-11:15AM</del>	<del>8:00-9:00AM</del>	<del>9:15-10:15AM</del>	<del>10:30-11:15AM</del>
<del>Group 2</del>	<del>2013-2014</del>	<del>Coed</del>	<del>9:15-12:45PM</del>	<del>10:30-11:30AM</del>	<del>11:45-12:45PM</del>	<del>*9:15-10:00AM</del>
<del>Group 3</del>	<del>2011-2012</del>	<del>Coed</del>	<del>12:00-3:30PM</del>	<del>1:15-2:15PM</del>	<del>2:30-3:30PM</del>	<del>*12:00-12:45PM</del>

## **Week 2 - July 28-31**

*\*Dryland before ice*

Group #	Birth Years	Gender	Time Frame	1st Ice Slot	2nd Ice Slot	Dryland
<del>Group 4</del>	<del>2011-2014</del>	<del>Girls Only</del>	<del>8:00-11:15AM</del>	<del>8:00-9:00AM</del>	<del>9:15-10:15AM</del>	<del>10:30-11:15AM</del>
<del>Group 5</del>	<del>2006-2010</del>	<del>Girls Only</del>	<del>9:15-12:45PM</del>	<del>10:30-11:30AM</del>	<del>11:45-12:45PM</del>	<del>*9:15-10:00AM</del>
<del>Group 6</del>	<del>2007-2010</del>	<del>Coed</del>	<del>12:00-3:30PM</del>	<del>1:15-2:15PM</del>	<del>2:30-3:30PM</del>	<del>*12:00-12:45PM</del>

The first ice slot of each day will consist of PEP training which forces players to move their feet and puck synchronously, creating separation from opponents and quicker decisions under pressure. The second ice slot will consist of high tempo skill drills and small area games for increased competition.

**REGISTRATION AND INFORMATION:**  
[www.sjrrsharks.com/campsandclinics](http://www.sjrrsharks.com/campsandclinics)