

## Hockey Summer 2022 Camp Two Day #5 Squirt Boys & U10 Girls with Hockey Staff Location: OMC Sports Medicine and Athletic Performance

Tue Thu Date: 6/14/2022 - 8/4/2022 From: 9:30 am - 11:45 am

**Squirt Boys & U10 Girls level athletes**

This camp will use the synthetic ice and Blade hockey treadmill to focus on skills to improve: Posture, stride work, edges, crossovers, speed, quickness, balance, multitasking, stick handling, shooting, passing, and hand eye coordination.

This beginner/intermediate speed program is designed to help athletes improve their overall body mechanics, sprint positioning, speed, agility, and reaction. This is an ideal class for male and female athletes ages 8 to 12 years to improve their sports performance and overall fitness level.

- **8 week program**
- **16 sessions**
- **1 hour hockey training room**
- **1 hour (SAQ), Speed, Agility, and Quickness, with strength coach**
- **Program meets two times a week on the above selected days and time**
- **Fee: \$337.00**
- **Prerequisites: must be Squirt boys or U10 girls or higher level for the 2022-2023 hockey season**
- **Maximum number of athletes per class: 12**
- **NOTE: Payment option is available. For the payment option, parent or guardian must call 507.535.1977 to register.**
- **Early bird discount is in effect, sign up for summer hockey camp (over \$120.00), Now through to March 28th receive a 15% discount.**
- **Early bird discount is in effect, sign up for summer hockey camp (over \$120.00), March 29th through to May 31st receive a 10% discount.**

If you have questions regarding the program or would like assistance with registration please call us at 507-535-1977 or email us at [omcsmmap@olmmed.org](mailto:omcsmmap@olmmed.org)