

# Girls Rule

# Summer Hockey Camp



**August 9-12**

**9am– 12:50pm**

**Cost: \$250 per player**  
**OPEN TO AGES 2013-2007**

**We are excited to offer a Girls Only Summer Hockey Camp focusing on strong skating skills, control, stick & puck handling, speed and agility.**

## Daily Schedule:

**9-10:10am** - On ice Skills Session

**10:20– 11:20am** — Off ice (plyometrics, stickhandling, strength)

**11:40-12:50pm** - Power Skating & Small Area Games

Register online at [www.southsidearena.com/summercamp](http://www.southsidearena.com/summercamp)

**SOUTHSIDE ★ ICE ★ ARENA**