

COMPETITIVE EDGE WINTER SKILLS

2018

Dedicate your time to improving the FUNdamental skills of hockey. Build good hockey habits, understand the concepts and strengthen your skating and hockey skills! Become exposed to different avenues of dry land to create agility, speed, balance, coordination, stretch and core strength.

PD days

Sept 24, October 8, October 19, November 12, November 23.

9:00a.m.-12:15p.m.

60.00 per day/session includes

Group 1 (dyn-atom)

Group 2 (peewee – midget)

9:00a.m. -10:30a.m. ice

9:15a.m.- 10:15a.m. dryland

11:00a.m.-12:00p.m. dryland

10:45a.m.-12:15p.m. ice

Monday POWER SKATING DAYS

October 22, November 5, November 19, December 3, December 17

5:45p.m.-6:30p.m. - dynamite – atom

6:30p.m.-7:15p.m.- peewee-midget

20.00/session

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