

Canadian Ways February School

On February 20, 21, 22, 23 and 24 Canadian Ways is offering 6 separate camps. On the brochure is found **Session- A Power Skating-Puck control**, **Session B- Backwards Skating**, **Session C- Shooting and D- Extreme Balance and Agility**. We have opened 2 additional new camps as well sessions E and F.

Session E- Passing and Support: Students will be working on the mechanics of passing and receiving passes in game situations. The proper use of the back hand will be stressed. Senior players will also work on one time and snap passes. Both groups will be working on saving ice, timing, support and the recognition and use of windows.

Session F- Boards: Avoiding and receiving Contact /Checking and Safety along the boards. The 3 hours spent on this critical part of the game can be the difference between injury and confident play.

Each camp offers 3 hours of ice time spread out over the 5 days. The cost of each camp is: \$110.00 for one session, 2/\$200.00, 3/300.00, 4/\$375, 5/450.00, 6/500.

Registration can be made using the on line registration form found at www.canadianways.com or at Al Anderson Source for Sports in Saskatoon. Payment can be e transferred to cdnways@shaw.ca, mailed to 318 Wollaston Rise Saskatoon S7J 4G5, processed at Source for Sports or paid at rink for late registrants. Confirmation of enrollment will be emailed to you. Please don't show up unless confirmation is received. If paying at Source for sports bring a copy of your receipt to the rink first day.

Sessions A, B, C have a Junior (novice-atom) and Senior (elite atom and older) division. Session D- Extreme Balance and Agility is open to proficient skaters atom and over. Session E- Passing and Support is open to players that can skate well with a puck. Session F –Boards is open to Tier one novice and older. Players should have good balance in order to do the drills properly. Players will be paired up by size and ability enabling players of all ages to benefit from the camp.

Schedule: February 20th is at COSMO arena, February 21,22,23 at Schroh Arena, February 24 is at Archibald arena. All sessions are an hour long.

**A- Power Skating-Puck Control, B Backwards Skating, C Shooting
D Extreme Balance and Agility, E Passing and Support, F Boards Safety and Checking**

COSMO	Schroh	Schroh	Schroh	Archibald
20th	21	22	23	24
8.00 D	8.45 A senior	8.45 A senior	8.45 D	8.00 E
9.15 A senior	10.00 C senior	10.00 C senior	10.00 F	9.15 F
10.30 C senior	11.15 B senior	11.15 B senior	11.15 B senior	10.30 D
11.45 A junior	12.30 A junior	12.30 A junior	12.30 B junior	11.45 E
1.00 C junior	1.45 C junior	1.45 C junior	1.45 E	
	3.00 B junior	3.00 B junior	3.00 F	