

Canadian Ways February School

SCHROH ARENA SASKATOON

On February 19, 20, 21,22,23 Canadian Ways is offering 7 separate programs. A Power skating-Puck control, B Backwards skating, C Shooting , D Extreme Balance and Agility ,E Passing and Support and F Boards –Safety-Contact

On Friday the 23rd we will be offering a Ringette skills camp.

Programs A, B and C will have a Junior and Senior level. Jr would be Initiation up to and including average Tier 2 novice. Sr would be skilled Novice to Bantam players.

Program Descriptions

A . We will improve key aspects of skating and the mechanics of puck control up to advanced puck agilities and heads up puck control.

B. The balance gained with 3 hour of backwards drills will make a noticeable difference in all aspects of the players' game.

C. Shooting will include primarily the wrist shot and will include lifts, snapshots, back hand and heads up toes to the goalie hybrid wrist shots for the older players.

D. Extreme Balance and Agility is a great camp to stretch the players to a new level. Quick feet, quick directional change and fall down -balance drills will certainly impact their game.

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 using open ice to support and the recognition and use of windows.

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.

G A ringette camp will be held on the 23rd.

The six Hockey programs will each offer 3- one hour ice times spread out over the 5 days. The cost of each camp is: \$120.00 for one session, 2/\$200.00, 3/300.00,4/\$375, 5/450.00,6/500.

The 2 hour ringette camp on the 23rd is \$60.00.

Registration can be made with 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 or 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.

Programs A, B, C have a junior (IP-Novice) and senior (elite novice and older) division. D- Extreme balance is open to proficient skater's atom and over. E- Passing and Support is open to players that can skate well with a puck. 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 and abilities to benefit.

SCHEDULE

A power skating-puck control, B Backwards skating, C Shooting

D Extreme balance and agility, E Passing and support, F Boards safety and contact

	19th	20	21	22	23
8:45am	Jr A	Jr A	Jr A	D	Ringette
10:00am	Jr C	Jr C	Jr C	E	D
11:15am	Jr B	Jr B	Jr B	F	E
12:30pm	Sr A	Sr A	Sr A	D	F
1:45pm	Sr C	Sr C	Sr C	E	Ringette
3:00pm	Sr B	Sr B	Sr B	F	