

March Program

Power Up

Early morning Canadian Ways Power-Skating (March 14,21,28 / April 4,11)
7am ACT Arena
\$40 Drop in Fee or \$150 for All sessions
Email if you want a session and pay at rink or e-transfer

Quick feet/Battling camp (atom-bantam) March 12,14,16

On March 12,14,16 we are offering a camp on quick feet- agility and being able to battle , two of the most important aspects of a complete player.
The camp runs 445-600 all three days at Schroh.
\$40.00 per session. Players can go to 1,2, or 3 sessions

Email with desired dates and pay with e- transfers or at the rink.

Contact-Safety –Checking (atom-bantam) March 17th

Hockey is a rugged contact sport at all levels. You want your child to contribute and have fun but nothing is more important than their safety. Come out and find out why Hockey people say that Canadian Ways runs the best safety –contact camp in the province. It is never too early to start ingraining these important skills and tactics so they play confident, hard and safe. A must for 2005 Spring Hockey players who will be thrown into the fire this spring.
The 2 hour on ice program runs 9.00 – 11.00 am at Schroh Saturday March 17th. Cost is \$80.00.

Email if you want in the camp and pay with e-transfer or at the rink

Puck Control (Jr 2009 and younger, Sr 2008 and over) At Schroh March 17

Most players skate equally. What separates is how they handle the puck with heads up under stress. The 2 hour on ice camp will work on all of this and more.

The camp schedule is:
Jr and Sr runs 11.15-12.15 and 1.45-2.45

Email if you want a spot. You can email or pay at the rink.

Shooting Camp (IP-Pewee) March 17

Participants will be split into groups working on the drills to help to score. The confidence gained by being able to shoot spills into the players entire game.

The 2 one hour sessions at Schroh are 12.30-1.30 and 3.00-4.00.
Cost is \$80.00.

Email if you want a spot and pay with e-transfer or at the rink.

Thanks John and Brett