



OVALHP SPRING BREAK HIGH PERFORMANCE HOCKEY CAMP AGES 9-12 BOYS AND GIRLS

NEW this spring break we are excited to offer the High Performance Hockey Camp for players and goalies at the U11 and U13 levels. Led by Leslie Global Sports coaches on-ice and Oval High Performance coaches off-ice, the Richmond Olympic Oval is committed to raising hockey player's abilities with an emphasis on developing well-rounded athletes.

Each day of camp will include 75-minutes of on-ice skills training, followed by 60-minutes of off-ice strength and conditioning.

DAILY SCHEDULE:

- » 8:00AM-9:15AM On-ice Instruction: skills, drills, competitions and small area games
- » 9:15AM-9:45AM Transition and Snack Break (snacks not included)
- » 9:45AM-10:45AM Off-ice Strength and Conditioning

SPRING BREAK CAMP SCHEDULE

PROGRAM	DATES	DAYS	TIME	COST	SESSIONS	REGISTRATION
U11 & U13	March 16--20	Mon-Fri	8:00AM - 10:45AM	\$285 + GST	6.25hrs On-ice; 5hrs Off-ice	Register

For more information or to see if this program is the right fit for your hockey player, please contact Ben at highperformancehockey@richmondoval.ca or 778.296.1421