

SUMMER SKILLS + AGILITY CAMP

AUGUST 10-14 AGE GROUPS: NOVICE-BANTAM

Cost: \$355 (Goalies \$175)

(Bauer Jersey included in price)

Location: Sportsworld Arena, Kitchener

Time: 8:30-4:30pm

Each Day Includes the following:

-3 hours on ice

-1 Agility/fitness Session

-1 Activity Session (soccer, softball, stick handling, flags, relays, movie)

WEDNESDAY AND FRIDAY'S AFTERNOON ICE WILL BE A SCRIMMAGE

ON ICE

- SKATING (STRIDE, AGILITY, QUICK STARTS)
- SHOOTING
- PUCK SKILLS (CONTROL, STICKHANDLING, PROTECTING THE PUCK)
- GAME PLAY

To register for a program please email laura@lmcintoshhockey.com with the following information:

1. Program Name
2. Participants Name
3. Age/Team
4. Contact Information (Phone and Email)
5. Method of Payment- Cash or Cheque

*ALL CHEQUES SHOULD BE MADE PAYABLE TO **LMCINTOSH HOCKEY** AND SENT TO:

LMcIntosh Hockey
237 Auburn Drive Apt. #201
Waterloo, Ontario
N2K 4G9