



## **U15/U18 Prep Camp**

**U15 – 5:45 pm – 6:45 pm**

**U18 – 7:00 pm – 8:00 pm**

This camp is meant for U15 and U18 players and goalies looking for an edge heading into their High-Performance Hockey season.

The ice times will be run by the Spruce Kings Head Coach Alex Evin and his coaching staff and will include:

- Power Skating – including stride mechanics, edges, balance, and transition skating
- Skill Development – including scoring, puck skills, passing, puck possession, and high-skill plays
- Small Area Battle & Compete to learn how to gain a tactical advantage and increase game-like decision making.
- Video Breakdown of a Daily Skill - pre ice or on ice video

### **Necessary Equipment**

Hockey School participants must have approved equipment and bring the required items for all activities. (Goalies are advised to contact their association for equipment use).

- Helmet with cage and child's name, shoulder pads, elbow pads, hockey gloves, neck guard, hockey pants, shin guards, protective cup, hockey stick, hockey skates, extra t-shirt(s), athletic shorts, athletic shoes, clothes and shoes for activities, bottle of water, bagged lunch, emergency contact number, **LEAVE VALUABLES AT HOME**

### **Cancellation & Refund Policies**

- Refunds for valid reasons will be granted up until August 1<sup>st</sup>.
- No refunds will be given if a player is asked to leave the camp, leaves on his/her own desire or is a "no show."

## RULES AND REGULATIONS

- Do not leave valuables in the dressing rooms – SK are not responsible for lost items.
- BULLYING, HARASSING, OR PICKING ON other students will not be tolerated.
- Players are requested to bring their own gear, water bottle and food.
- ZERO tolerance with the use of electronic devices in dressing rooms
- Have fun!