



## Elite Development Camps

Elite camps are intended for players looking to take their game to the next level! On ice sessions will have detailed instruction for players to work on their individual skills, puck handling & skating.

All on ice sessions and dryland workouts have been developed by Brandon Manning, Spruce Kings Assistant Coach & Director of Hockey Camps. Ice will be led by Spruce Kings head coach Brad Tesink, Brandon Manning or other Spruce Kings staff.

Sample Daily Schedule:

9:00 – 9:15	Sign In/Prep for ice time
9:15 - 10:15	Ice Time #1
10:30 - 10:45	Snack/travel to dryland
10:45 - 11:45	Dryland/Basketball/Floor hockey
11:45 - 12:00	Walk back to Kopar arena
12:00 - 12:30	Cardio
12:30 – 12:45	Lunch
12:45 - 1:00	Prep for ice time
1:00 - 2:00	Ice Time #2
2:00 - 2:15	Snack/Prep for skills
2:15 - 3:15	Workout/Yoga/stickhandling

Fully supervised camp experience.

- 2 hours on ice instruction per day.
- Skating focus on speed, agility, and movement with the puck.
- Individual drills to improve puck skills, shooting and scoring.
- Small area games that focus on competitiveness, decision making and team play.
- Daily dryland (2 days of footwork, agility, ladder & plyos), floor hockey & basketball
- Strength & conditioning
- Yoga class with Sunset Yoga
- Camp Jersey
- Full ice scrimmage (last ice of camp)
- Participant specific schedule given at sign-in

## **REQUIRED EQUIPMENT**

Participants must have approved equipment and bring the required items for all activities. 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**

## **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 – must have running shoes for Off Ice activity.
- Participants are expected to act appropriately during all on and off ice activities
- ZERO tolerance with the use of electronic devices in dressing rooms
- Have fun!

## **CANCELLATION & REFUND POLICY**

- Refunds for valid reasons will be granted up until July 29<sup>th</sup>, 2026.
- 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".