



U15/U18 Prep Camp

4:45 – 5:45 (4 sessions)

****Player should have played at the U13, U15 or U18 rep level during the 2025-2026 season or are registered to try out for U15 or U18 rep teams this season. ****

This camp is meant for U15 + U18 skaters & goalies looking for an edge heading into their High-Performance hockey season.

The ice times will be run by Spruce Kings Head Coach Brad Tesink, Assistant Coach Brandon Manning or other Spruce King staff.

- Power Skating – including stride mechanics, edges, balance, and transition skating
- Individual Skill Development – including stickhandling, 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.