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KC

**KNIGHTS OF COLUMBUS
LEDUC HOCKEY SCHOOL**

AUGUST 13-17, 2012
Leduc Recreation Center, Leduc, AB



Summer Hockey With the University of Alberta Golden Bears

In partnership with the Knights of Columbus Fr. Leduc Council #7061, the Golden Bears Hockey School is again coming to Leduc. A major objective for both the organizations is to make this a positive learning experience for the participant in a fun filled environment.

Players will continue to enjoy the newly renovated Leduc Recreation Centre. Taking place on both the Ken's Furniture and Dairy Queen rinks, all of the new facilities are open and ready for the camps.

There will be 5 camp groups and 3 separate open scrimmage groups as a result of the new space available to us.

Camp 1 - Skills & Concepts

Ages 7 & 8 - 2 camps of 30 skaters + 4 goalies* each - \$280.00

Skill-oriented instruction focusing on skill development in:

- Passing and pass receiving
- Puck control
- Shooting
- One hour power skating
- One hour on-ice workout per day
- 50 minute off-ice training per day

Emphasis on skill development. Many skills will be incorporated into both cooperative and competitive activities.

Camp 2 - FUNdamentals

Ages 5 & 6 - capacity 34 skaters - \$245.00

This program is designed for the first time and beginner hockey player and will help each player overall skill development, skating, and puck control skills.

- 45 minutes of power skating focusing on proper technique such as starts, stops, turns, and balance
- 50 minutes of off-ice instruction per day
- 45 minutes of hockey session each day

Emphasis on skating and Fun.

Camp 3 - Skills Development

Ages 9 & 10 - 2 camps of 30 skaters + 4 goalies* each - \$280.00

Skill-oriented instruction focusing on skill development in:

- Passing and pass receiving
- Puck control
- Shooting
- One hour power skating
- One hour and fifteen minute on-ice workout per day
- 50 minute off-ice training per day

Emphasis on skill development. Many skills will be incorporated into both cooperative and competitive activities.

- One hour off-ice training per day

Camp 4 - Checking and Scoring

Ages 11 - 13 - capacity of 30 skaters + 4 goalies* - \$295.00

This is an excellent camp for players who want to work on both checking and goal scoring. Designed for players entering their first year of contact hockey.

These sessions will teach skills and strategies pertaining to:

- Effective offensive zone attacking
 - 1 vs 1, 2 vs 1, 2 vs 2, 3 vs 2 offensive situations
- Goal scoring tactics - passing, receiving, puck control, shooting, cycling
- Checking/body contact component
 - Focus on the physical and mental skills required for effective checking
 - Giving and receiving hits, body awareness, open ice hitting, and evasive techniques
- One hour power skating
- One hour and 30 minute on-ice workout per day

Camp 5 - Goaltending

Ages 9 -14 capacity 15 goalies- \$295.00

The goaltender program is designed to maximize each goaltender's potential. Sessions will be devoted to improving:

- Agility
- Coordination
- Stance
- Mental concentration
- One hour and 15 minute on-ice workout per day
- One hour off-ice training per day

All goaltenders are responsible for their own equipment.

OPEN Scrimmage

Ages 7 & 8	Ages 9 & 10	Ages 11, 12 & 13
Capacity	Capacity	Capacity
26 skaters	26 skaters	26 skaters
4 goalies	4 goalies	4 goalies
\$15/day or \$75/week	\$15/day or \$75/week	\$20/day or \$100/week

*** Practice & Scrimmage goalies: No charge**

More information at

Knights of Columbus - Ph (780) 886-6682

www.leduckc.com email to hockeyschool@leduckc.com