



W / Randall Weber

Bantam Prep Camp 2018

On Ice & Dryland Program

A high Intensity, on-ice hockey program, designed for Bantam players looking for the 'Competitive Edge' during the upcoming seasonal tryouts. This program will provide a quality overview of the skills sets required for the 'Next Level' of a young hockey players development. The on-ice program will be complimented with an intense / dynamic, hockey specific, dryland program, designed to increase a player's physical confidence.

The **Hard Hockey** programs are designed to cover multiple aspects of **Hockey IQ** and the **Individual Skill Set** development, which player evaluators are looking for in a young hockey player. The on ice sessions will consist of '**High Tempo**' / '**High Intensity**' drills, covering both **Offensive and Defensive** aspects of the game.

"It's what you do in the off season that sets you up for success during the season"

Program Overview: JULY / AUGUST CAMP: 1 Week (Sun – Thurs)

- **Hockey IQ** related Skill Development (Defence & Forwards)
- Improved conditioning through 'High Tempo', **Competitive & Challenging** drill execution
- '**In Game**' situational development (Offensive / Defensive & Neutral Zones)
- '**Specialty Team**' skill set development
- **Individual** skill set development
- 5 x 1.15hr On Ice Sessions (early evening sessions only)
- 4 x 1hr Dryland Sessions (Advantage Sports & Conditioning – Dwayne Laing)
- **Dates: Sun. July 29th – Thurs. Aug. 2nd, 2018 @ LRC, Leduc**
- Group Size: 12 – 20 players ONLY
- Price - \$325 (Price includes **Jersey & Workout T-Shirt**)
- **GOALIES** required – special rate available for attending goalies (see below for contact information)
Players should be **Bantam A / AA** calibre, with aspirations of playing at a competitive level of hockey.

1 Small Group - Limited Spaces Available - For registration and payment information please contact:

Randall Weber: rntweber@shaw.ca OR (780-910-1934) Reference: **Bantam Prep Camp 2018**

HARD HOCKEY - "It's not meant to be easy"

Dwayne Laing @ www.AdvantageSports.ca

