



2019 SUMMER HOCKEY DEVELOPMENT

High Performance – Bantam (Boys)

Born: 2005, 2006

All sessions at Seven Oaks Sportsplex:

<u>Date</u>	<u>Off-Ice</u>	<u>On-Ice</u>	
Tue 02-Jul	5:30 PM	None	Off-Ice Only
Thu 04-Jul	5:30 PM	7:00 PM	Casual Skate
Tue 09-Jul	5:30 PM	7:00 PM	
Thu 11-Jul	5:30 PM	7:00 PM	
Tue 16-Jul	5:30 PM	7:00 PM	
Thu 18-Jul	5:30 PM	7:00 PM	
Tue 23-Jul	5:30 PM	7:00 PM	
Thu 25-Jul	None	None	No activities
Tue 30-Jul	5:30 PM	7:00 PM	
Thu 01-Aug	5:30 PM	7:00 PM	
Tue 06-Aug	5:30 PM	7:00 PM	
Thu 08-Aug	5:30 PM	7:00 PM	
Tue 13-Aug	5:30 PM	7:00 PM	
Wed 14-Aug	7:00 PM	8:15 PM	Off-ice, On-Ice Testing
Thu 15-Aug	5:30 PM	7:00 PM	
Tue 20-Aug	5:30 PM	7:00 PM	
Thu 22-Aug	None	7:00 PM	On-Ice only

- 15 On-Ice sessions, includes 13 skills sessions lead by Vigier Hockey
- Includes RISE Sport Test development testing session
- 14 Off-Ice NRG training sessions
- Private & Semi-Private on-ice coaching sessions available April - August
- Dynamic Defensemen, Impact Forwards – August 27-30
- Intro to Body Checking Camp (2006 Born) – August 28-30