

# Total Package Hockey Sarnia Spring/Summer Programs 2019

## Spring Pre Tryout Bootcamp

This program has been designed to get players back on their skates and ready for the next seasons tryouts. All players will be challenged through a variety of drills giving them the opportunity to refine and refresh proper skating, shooting and puckhandling skills. Players will also participate in battle drills, 1on1's and 2on1's with the intent of raising their level of compete, although these prep camps don't go into the great detail on technique that most of our camps do we will be correcting players as they go as well as giving them helpful tips on different ways of making themselves noticeable during the tryout process.

**Dates:** Tuesday April 2nd-Thursdays April 4th, 2019

**Age Group:** Atom (2010-2009 birth yr) 6pm-7pm, Peewee (2008-2007) 7pm-8pm, Bantam (2006-2005) 8pm-9pm

**Location:** Progressive Auto Sales Arena

**Cost:** \$100+HST

## July Specialty Camps

### Full Day Defence Camp

The TPH Defence Camp will be a full day camp focusing on all aspects of their position. We will focus on skating, quick backward starts, transitioning, gap control, puck retrievals, making first pass, stick position, walking the blue line, shooting, how to play 1-1's, 2-1's, 3-2's and much more. **These defencemen will receive video analysis and some valuable feedback on their technique and ways to improve.** This program is perfect for defencemen looking to better understand how to play their position and pick up some valuable techniques and new tools to help them become a valuable defencemen.

**Dates:** Monday July 8th- Thursday July 11th, 2019

**Ages:** 8-10yrs (2011-2009 birth yr) and 11-14yrs (2008-2005 birth yr)

**Times:** 8:30am-3pm

**Location:** Progressive Auto Sales Arena

**Cost:** Early Bird \$330+HST, starting May 1st \$360+HST

### Full Day Overspeed Camp

Full day Overspeed Camp is for players looking to improve skating technique, adding speed and power to their skating, quick starts, transitioning, picking up speed in motion. Pucks will be added while skating with speed, skating through traffic, changing directions and creating space in order to find options or generating scoring chances. **Players will also receive video analysis of their skating with some valuable feedback on ways to improve.** This program is great for players looking to add explosive speed and power to their skating.

**Dates:** Monday July 15th- Thursday July 18th, 2019

**Ages:** 8-10yrs (2011-2009 birth yr) and 11-14yrs (2008-2005 birth yr)

**Times:** 8:30am-3pm

**Location:** Progressive Auto Sales Arena

**Cost:** Early Bird \$330+HST, starting May 1st \$360+HST

### Full Day Shooting/Stick Handling Camp

This full day Shooting/Stick Handling Camp will focus on all aspects of shooting and stick handling. With shooting we will break down proper technique on wrist shots, backhands, snap shots, slap shots, one-timers, quick touches around the net, shooting in traffic. With Stick Handling we will address the role of each hand on the hockey stick and teach a variety of different moves, pulls, taps, quick change of direction, controlling the puck with speed, making moves on opposing players as well as incorporating shooting from a stick handling move. Players will practice these shooting and stick handling techniques in a controlled environment, traffic and game like situations will be added to enhance their ability to choose the correct shot and stick handling move. Video analysis will be used to critique each player's shooting technique and add valuable feedback to help improve their shot. This program is perfect for any player looking to enhance their power and accuracy with a variety of shots as well as increasing their ability to control the puck and choosing which moves to use in different situations.

**Dates:** Monday July 22nd- Thursday July 25th, 2019

**Ages:** 8-10yrs (2011-2009 birth yr) and 11-14yrs (2008-2005 birth yr)

**Times:** 8:30am-3pm

**Location:** Progressive Auto Sales Arena

**Cost:** Early Bird \$330+HST, starting May 1st \$360+HST

### TPH Hockey / Golf Camp

In this camp players will be given the opportunity to learn new skills in two sports and have some fun.

To start the day the players will be bused to Sawmill Creek Golf Resort where the kids will be introduced to basic golf skill development in putting, chipping, and the full swing. They will also cover fitness & health in golf such as fundamental movement skills, golf specific movement skills, and performance skills with focus on nutrition, environmental, and lifestyle aspects. They will learn about life skills in the game of golf such as focus, goal setting, sportsmanship, and teamwork and of course Golf 101 (safety, rules & etiquette, the course, equipment, and golf terms & lingo). Finally we'll introduce them to some light play and fun competition so that they are comfortable to participate comfortably with others in the game of golf.

After the golf is complete in the morning the players will be bused back to the Progressive Auto Sales Arena where they will take part in their on ice portion of the camp. During these sessions the players will be split into groups where they will learn proper technique in shooting, skating and puckhandling and will be challenged to use these skills in both small and large area drills. A portion of each on ice session will also be dedicated to competition and games.

**Date:** July 29th - August 2nd, 2019

**Time:** 8am-3pm

**Age Group:** 10-14yrs (2009-2005 birth yr)

**Location:** Pick Up and Drop Off At Progressive Auto Sales Arena

**Cost:** Early bird \$325+HST, starting May 1st \$355 +HST

## August Full Day Camps

### Novice/Atom Camp

This program challenges players by focusing on all aspects of skating such as quick starts, acceleration, transition turns, edging, cross overs and more along with powerful and efficient skating techniques. Pucks will be added during some power skating sessions in order to apply new skating techniques while controlling the puck. Puck control, advanced stick handling, shooting and passing will also be points of emphasis. All of these learned skills will be reviewed and practiced during small group and full ice drills. Players will also participate in off-ice conditioning sessions, team games, lecture sessions, and afternoon on-ice sessions will incorporate small area games and much, much more.

**Dates:** Monday August 19<sup>th</sup>- Friday August 23<sup>rd</sup>, 2019

**Time:** 8:20am-3pm

**Age Group:** Novice/Atom (2012-2009 birth yr)

**Location:** Progressive Auto Sales Arena

**Cost:** Early bird \$355+HST, starting May1st \$385 +HST

### Positional and Contact Camp Peewee/Bantam

This full day positional camp will focus on forward and defense specific skills from skating, shooting, passing, positional play, offensive zone and defensive zone play, playing along the boards, face offs, net front play and much more. Hockey is a game of contact no matter what age, we will incorporate body contact when playing under pressure, using your body to create separation, being aware of where players are, protecting the puck. The Bantam players will be instructed on how to give and received a body check, when to use their body, playing safe and much more. This program will also help players create and defend 1-1's, 2-1's, 3-2's, odd man situations and much more. This program is perfect for players looking to get better at their position and understanding how to control the puck and use their body to create opportunities in a game.

**Dates:** Monday August 19<sup>th</sup>- Friday August 23<sup>rd</sup>, 2019

**Times:** 8am-3pm

**Age Group:** Peewee/Bantam (2008-2005 birth yr)

**Location:** Progressive Auto Sales Arena

**Cost:** Early bird \$355+HST, starting May1st \$385 +HST

### Pre Season Hockey Fundamentals Program

This program has been designed for the beginner hockey players in their first 1-3 years of hockey looking to fine tune and progress their fundamental skills, balance and agility, edging, skating forward and backward, stopping, cross overs, puck handling, passing, shooting and much more. This program will give players the opportunity to work on their skills in preparation for the upcoming hockey season.

**Dates:** Monday August 19<sup>th</sup>- Friday August 23<sup>rd</sup>, 2019

**Times:** 3:30pm-4:30pm

**Ages:** 3-8 years

**Location:** Progressive Auto Sales Arena

**Cost:** \$160+HST

**Full Payment or \$100 deposit must be made for Early Bird Special, only until April 30th, 2019**

**Discount:** If you are signing up siblings or for more than one TPH Full Day Summer Camp save \$50.00 off one registration. Please contact before paying to receive discount

**Register Today at [www.totalpackagehockey.ca](http://www.totalpackagehockey.ca) or call  
519-453-8989**