



2009-10 In Season IMPACT SKILLS CAMP in Leduc For Novice/Atom/Pewee/Bantam/Midget players **EARLY REGISTRATION**

> Exclusively designed camps by Stanley Cup Champion Norm Lacombe and NHL veteran Nathan Dempsey. Focus will be on the development of **individual & combined technical** skills necessary to implement team tactics. We improve the fundamental skills of our players and teach the ability to apply these skills to game play. How to act in different situations is not a skill but an instinct. We develop these instincts through **situational play** or what we call **BATTLE GAMES**.

“IMPACT SKILLS” CAMP includes:

>30 players: 4 instructors

> Players will be placed in 3 or 4 groups that are skill relevant. The first 20 min will focus on power skating. The following 40 min the groups will be rotated through a customized on-ice circuit. The focus will be to improve technical skills such as skating, passing, shooting & stick handling. Proper instruction of these skills is essential to implement team tactics.

- 16 x 60min. weekly on-ice sessions / 30 skaters: **4 instructors**
- Individual skill development
- Team tactic instruction
- Coaching staff from Pro & Junior playing / coaching experience

CAMP DATES:

NOVICE

- > **Group1:** every Wednesday from 4:00pm to 5:00pm
Nov 11, 18, 25, Dec 2, 9, 16, 23, 30, Jan 6, 13, 20, 27, Feb 3, 10, 17, 24
- > **Group2:** every Thursday from 4:00pm to 5:00pm
Nov 12, 19, 26, Dec 3, 10, 17, 24, 31, Jan 7, 14, 21, 28, Feb 4, 11, 18, 25

ATOM

- > **Group 3:** every Tuesday from 5:00pm to 6:00pm
Nov 10, 17, 24, Dec 1, 8, 15, 22, 29, Jan 5, 12, 19, 26, Feb 2, 9, 16, 23

PEEWEE

- > **Group 4:** every Wednesday from 5:00pm to 6:00pm
Nov 11, 18, 25, Dec 2, 9, 16, 23, 30, Jan 6, 13, 20, 27, Feb 3, 10, 17, 24

BANTAM

- > **Group 5:** every Monday from 5:00pm to 6:00pm
Nov 9, 16, 23, 30, Dec 7, 14, 21, 28, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22

- **Cost = \$450.00 > only charging for 14 sessions (2 free)**



2009-10 In Season **IMPACT SKILLS CAMP** in Leduc For Novice/Atom/Peewee/Bantam/Midget players

Norm Lacombe and Nathan Dempsey's HOCKEY IMPACT invites all players to our special in-season **IMPACT SKILLS** Camp once a week from November to March at the new LRC. Our unique on-ice approach combines group and individual skill development. Players will be placed in groups based on skill level. Focus will be on developing **individual & combined technical skills** necessary to implement team tactics. Our unique approach will enhance individual player development through small area and battle games. Prepare yourself physically and mentally with HIT specialized on and off-ice instruction.

CAMP INCLUDES:

- 16 x 60min. weekly on-ice sessions / 30 skaters: **4 instructors**
- Individual skill development
- Team tactic instruction
- Coaching staff from Pro & Junior playing / coaching experience

CAMP DATES:

Monday to Friday between 4:00pm and 6:00pm starting November 2nd



www.hockeyimpact.com



Phone: 448-1915

Fax: 489-1439

Complete form and return registration and payment to:
HOCKEY IMPACT TRAINING Ltd., 14225 – 115 Ave.
Edmonton, AB T5M 3B6

Group: _____

\$450(+ GST) Camp

Parent/guardian signature to this application declares voluntary release of HIT Athletic Training Centre for Excellence/Hockey Impact Training and all staff from all responsibility from any claims, costs, or actions as a result of any injury, loss or damage while attending HIT camps or facilities.

Parent / Guardian Signature:

Parent / Guardian Name (Print)

Payment Method:

Cheque Payable to **Hockey Impact Training Ltd.** Money Order

Visa/MC/Amex(circle one) #:

Player name:

Address:

Postal Code:

Phone & email:

Date:

Position:

Age:

Club Team:

Name of credit card holder:

Expiry Date:

Signature:

