

OBJECTIVES

- To teach all the factors of becoming an explosive skater
- Low student to instructor ratio to maximize correction of skating habits.
- To combine fun with sound fundamental skating technique

Tentative Schedule

DAY ONE

Group #1	5:00pm to 6:00pm 7:30pm to 8:30pm
Group #2	6:15pm to 7:15pm 8:45pm to 9:45pm

DAY TWO

Group #1	9:00am to 10:00am 11:30am to 12:30pm
Group #2	10:15am to 11:15am 12:45pm to 1:45pm

DAY THREE

Group #1	9:00am to 10:00am 11:30am to 12:30pm
Group #2	10:15am to 11:15am 12:45pm to 1:45pm

Email Sask: ultimatestride@sasktel.net
Email Portage: ultimatestride@shaw.ca

THE ULTIMATE STRIDE MINI CAMPS

MALES & FEMALES AGES 7-15

- 3 Day Camps
- 6 Hours of Ice
- Cost \$ 185.00

If you can skate, you can play.

THE ULTIMATE STRIDE

SASK CAMPS The Ultimate Stride c/o Bruce Thompson 43 Hastings Cres. Regina, SK S4T 7N5	PORTAGE CAMP The Ultimate Stride c/o Darren Durdle 249 Caithness St. Portage, MB R1N 3S5
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HOCKEY'S EXPLOSIVE SKATING SCHOOL



FUN	STRIDE
POWER	LEG QUICKNESS
FOOT SPEED	AGILITY & BALANCE
SKATING TECHNIQUE	DRYLAND-QUICK FEET
DRYLAND - PLYOMETRICS	LEARNING & CORRECTION

THE ULTIMATE STRIDE MINI CAMPS

MALES & FEMALES AGES 7-15

Estevan Mini Camp

Sept 9, 10, 11, 2011
Spectra Place

CAMP DIRECTOR
Bruce Thompson
306•949•0691

CAMP DIRECTOR
Darren Durdle
204•857•3832

Email Sask: ultimatestride@sasktel.net
Email Portage: ultimatestride@shaw.ca

REGISTRATION FORM

Player Name: _____

Address: _____

Postal Code: _____ Email: _____

Camp: Estevan

Phone: Home: _____

Work: _____

Parents/Guardian Name: _____

Medical #: _____

Send completed application and cheque payable to:

THE ULTIMATE STRIDE
c/o Estevan Minor Hockey
Box 457
Estevan, SK S4A 2A4

COST: \$ 185.00

PLAYER PROFILE:

Team: _____

Position: _____

Birthdate: _____
Month / Day / Year Age

Male Female

ABOUT THE CAMP

Hockey is a game of **EXPLOSIVE, QUICK MOVEMENTS** the key **FACTORS** needed for **EXPLOSIVE SKATING** are:

1. BALANCE
2. TRUNK STABILITY
3. LEG QUICKNESS
4. LEG STRENGTH
5. DEEP KNEE BEND

Our Camp is designed to improve skaters in **ALL** these areas

Each group will be limited to 20 skaters with 3 instructors to assist in the **Correction and Development** of the skater.

ON ICE PROGRAM

On Ice Program includes 2, 1 hour sessions per day directed at improving skating **Technique** and **Leg Quickness**. The players will change their skating technique through on ice demonstrations and repetition of specific skating movements which develop **balance, speed, agility** and **quickness**.



Camp Director Darren Durdle

- Bachelor of Education
- Brandon U Bobcat Hockey Program
- 12 years playing Pro in Europe
- Coach 10 years in Portage Minor Hockey
- 7 years Coaching Hockey Development program through PMHA

Camp Director Bruce Thompson

- Bachelor of Education
- Coach U of R Cougars for 5 years
- Coach Nipawin Hawks for 7 years
- Coach Weyburn Redwings for 4 years
- Played for Brandon University, Brandon Wheat Kings, Melville Millionaires and Sask Minor Hockey

Camp Instructor Graham Hayes

- Bachelor of Education

Bruce McCallum

- Bachelor of Education

CAMP DATES:

• ESTEVAN
SEPTEMBER 9, 10, 11, 2011