

2022 HOIST SUMMER HOCKEY TRAINING

GIRLS ELITE ON-ICE TRAINING / SESSION 1

High School & College

Dates: June 6 - July 1, 2022

Mondays & Wednesdays (8 sessions)

Times: 10:30-11:30am

Cost: \$160

GIRLS ELITE ON-ICE TRAINING / SESSION 2

High School & College

Dates: July 5 - August 19, 2022

Mondays & Wednesdays (13 sessions)

Times: 10:30-11:30am

Cost: \$260

DESCRIPTION

GIRLS ELITE TRAINING will consist of advanced skill drills and 3 on 3 games. Each player will receive a RapidShot membership to be used at Hoist for the duration of the training camp and can be used before and after the on-ice sessions. Goalie training will be provided by Kennedy Blair. Maximum players: 14

YOUTH GIRLS TRAINING / SESSION 1

15U, 12U, 10U

Dates: June 6 - July 1, 2022

Tuesdays & Thursdays (8 sessions)

Times: 9:00-11:30am

Cost: \$250

YOUTH GIRLS TRAINING / SESSION 2

15U, 12U, 10U

Dates: July 5 - August 19, 2022

Tuesdays & Thursdays (13 sessions)

Times: 9:00-11:30am

Cost: \$400

DESCRIPTION

YOUTH GIRLS TRAINING will consist of 3 training components; 1) On-Ice skills, drills, and compete games. 2) Off ice strength, speed, agility drills, and games. 3) Off-Ice shooting & stick/puck skills. Players will be split into appropriate training groups by age and skill level. Maximum players: 40

2022 HOIST SUMMER HOCKEY TRAINING

BOYS ELITE ON-ICE TRAINING / SESSION 2

High School & College

Dates: July 5 - August 19, 2022

Mondays & Wednesdays (13 sessions)

Times: 7:30-8:30am

Cost: \$260

DESCRIPTION

BOYS ELITE TRAINING will consist of advanced skill drills and 3 on 3 games. Each player will receive a RapidShot membership to be used at Hoist for the duration of the training camp and can be used before and after the on-ice sessions. Goalie training will be provided.

Maximum players: 14

YOUTH BOYS TRAINING

BANTAM & HIGH SCHOOL / SESSION 1

Dates: June 6 - July 1, 2022

Mondays & Wednesdays (8 sessions)

Times: 12:30-3:00pm

Cost: \$250

PEEWEE & BANTAM / SESSION 2

Dates: July 5 - August 19, 2022

Tuesdays & Thursdays (13 sessions)

Times: 12:30-3:00pm

Cost: \$400

BANTAM & HIGH SCHOOL / SESSION 2

Dates: July 5 - August 19, 2022

Mondays & Wednesdays (13 sessions)

Times: 12:30-3:00pm

Cost: \$400

SQUIRT & PEEWEE / SESSION 1

Dates: June 6 - July 1, 2022

Mondays & Wednesdays (8 sessions)

Times: 12:30-3:00pm

Cost: \$250

PEEWEE & BANTAM / SESSION 1

Dates: June 6 - July 1, 2022

Tuesdays & Thursdays (8 sessions)

Times: 12:30-3:00pm

Cost: \$250

SQUIRT & PEEWEE / SESSION 2

Dates: July 5 - August 19, 2022

Mondays & Wednesdays (13 sessions)

Times: 12:30-3:00pm

Cost: \$400

DESCRIPTION

YOUTH BOYS TRAINING will consist of 3 components; 1) On-Ice skills, drills, and compete games. 2) Off ice strength, speed, agility drills, and games. 3) Off-Ice shooting & stick/puck skills. Players will be split into appropriate training groups by age and skill level.

Maximum players per group: 20