



# SPRING YOUTH HOCKEY CAMPS

## SESSIONS & COST

### **MONDAY**      **\$320\***

April 8 – May 27  
5:00 - 6:50pm

### **WEDNESDAY**      **\$320\***

April 10 – May 29  
5:00 - 6:50 pm

### **Mites & LTP:**

On-ice: 5:00-5:50 & Off-ice: 6:10-6:50

### **Squirts - Bantams:**

Off-ice: 5:00-5:40 & On-ice: 6:00-6:50

*\*Discounted Cost: Register for both camps and save \$50*

### **Monday: Power Skating & Agility**

- On-Ice Training focused on fundamental Power Skating and Edgework
- 40 minutes of off-ice training with dynamic warm up, plyometrics, and speed training

### **Wednesday: High Speed Puck Handling & Goal Scoring**

- On-Ice Training Focused on High Speed Puck Handling & Goal Scoring
- 40 minutes of off-ice training with dynamic warm up, plyometrics, and speed training

The Graf Rink, Newburyport

**Register:** [JayPhilbinHockey.com](http://JayPhilbinHockey.com)

[jayphilbinhockey@gmail.com](mailto:jayphilbinhockey@gmail.com)  
978-807-9810