

**Hello Everyone,**

I'm pleased to announce that the Powerskating & 4 on 4 Camp will be operating again this summer. Steve Sadaka has decided to retire from the camp (perhaps we can convince him to make a cameo appearance☺) and I felt this camp was a very important to many players and their development to continue this camp so I will continue to organize it.

The Camp will include myself Sean Brennan, Terry Hamelin, and John Mackenzie as Certified Power Skating Instructors and coaches as well as Bruno Carchidi returning as our Goaltending Instructor featuring specific goaltending instruction. As in the past, we will also have some Camp Alumni volunteering their time & skills to support a good player to coach ratio. We will also be having some "guest" appearances to be later announced.

The Camp runs from Saturday May 30th until August 8th, 2015 (11 ice times.) All of our ice times are on Rink B at the KRC. Group A will feature '03 - '06 birth years & runs from 9 - 10:35am. Group B features '99 - '02 birth years & runs from 10:45 - 12:30. Skill exemptions may see players play up or down a level. These adjustments are made within the first two weeks of the camp.

**1. Power Skating** approx.45-50 minutes

Forward Stride with Acceleration  
 Backward Stride with Backward Stops  
 Forward & Backward Crossovers with Acceleration  
 Forward & Backward Lateral Movement  
 Cornering - Glide & Tight Turns with Acceleration  
 Fast Forward Starts with Acceleration  
 Acceleration from Side & 1 foot Stops  
 Forward & Backward Pivots with Acceleration  
 Forward & Backward Lateral Acceleration & Angling  
 Pushing of Tires

**3. Four on Four** approx. 35 - 45 minutes

Importance of Quick Shifts  
 Puck Control, Protection & Support  
 Reading & Reacting  
 Beating Opponents 1 on 1 (I. tactics)  
 Staying Open, Hitting Open Ice with Speed  
 Creating 2 on 1's (Draw and Dish)  
 Defensive Play w/o the Puck  
 Anticipating 3 Seconds Ahead

**2. Hockey Specific Stations and Flow Drills** approx. 10-15 minutes

Emphasizing and complimenting skills learned

Our goal, and the continuing purpose of this camp, is to improve each players speed & power by helping them become an efficient skater and by paying close attention to Technique. For the 4 on 4, we teach players the finer aspects of the game while trying not to "over-coach". This has been a large contributor to the long standing success of this camp. We hope you will join us.

**Payment Details**

The cost for the camp per player is \$475.00. Goaltender's cost is \$300.00. Registration is strictly for all weeks and no partials. The option to sell your spot during vacations / absences is still in place but must have a signed waiver supplied. Returning players will have the first right of return (first come, first served). Please reply ASAP with your intentions as this year the camp is opening up to other levels and associations. Email: [saturdaysummerhockey@gmail.com](mailto:saturdaysummerhockey@gmail.com) .We will confirm your spot when Registration/Waiver form with cheque(s) arrives.  
 For families who have two or more players, the cost is \$425.00 per player. Payment options are as follows:

Option 1. \$475.00 Player / \$300.00 Goaltender	April 15th, 2015	Payment in Full
Option 2. \$300.00 Player	April 15th, 2015	Partial Payment
\$175.00 Player	May 15th, 2015	Remainder of Payment

The attached Registration /Waiver form needs to be filled in & sent in along with your post-dated cheque payable to Sean Brennan, 38 Birchfield Ave., Kanata, Ontario, K2M 2N5.

Keep your stick on the ice!