



SUMMER HOCKEY TRAINING CAMPS

June 28th July 2rd – Goalie Camp & Power Skating/Conditioning Camp

July 5th-9th 2010 BUKAC INTERNATIONAL HOCKEY CAMP

July 5th – August 13th Summer High Performance Scrimmage Series

July 16th – August 13th Female Development Training Program

July 14th – Aug 11th Summer Development Series (PeeWee & Above)

August 16th -20st VMHA Rep Prep High Performance Hockey Camp

August 23th-27th VMHA Pre Season Development Hockey Camp

FEMALE HOCKEY SUMMER TRAINING OPPORTUNITIES

There is a summer series female development program. These sessions are geared towards those female players aspiring to improve their game for the 10/11 winter season at the PeeWee, Bantam or Midget level.

July 16, 6:00 to 7:00 PM, Naden Aug 13, 7:00 to 8:00pm Naden

July 23, 6:00 to 7:00 PM, Naden

July 30, 6:00 to 7:00 PM, Naden

Cost per player \$75. Covers all 4 sessions

BUKAC HOCKEY INTERNATIONAL HIGH PERFORMANCE HOCKEY CAMP

The Bukač Hockey School is the longest running school in the Czech Republic entering into its 18th consecutive year. The focus is to provide leading edge, top quality hockey instruction. Bukac Hockey developed VGT training. The Variable Goals Training Model - VGT - Create Game-like Conditions and Competitive Challenge Bukac Hockey has been perfecting a new and innovative way to challenge young hockey players to stimulate their read and react skills and puckhandling creativity under authentic game-like conditions. This training method is known as Variable Goals Training - VGT. This type of training is used to focus on the development of individual skills and so it is very different from our team training practices. In the summer or at the start of the hockey season it is the right time to focus on this type of individual skill development to build a strong foundation for the coming season. If you are going to pick one camp to participate in this summer, this would be the one!

Returning for a fourth year! Only one Canadian date!

5 Day Camp - \$555.00 July 5th -9th Naden Arena

Camp runs from 9am-4pm Daily with 2 ice sessions and Dryland per day

SUMMER SCRIMMAGE SERIES

Novice and Atom

July 7, 6:45 – 7:45 PM, Oak Bay, July 12, 6:45 – 7:45 PM, Oak Bay, July 19, 5:00 – 6:00 PM, Oak Bay, July 26, 5:00 – 6:00 PM, Oak Bay, Aug 2, 5:00 - 6:00 PM, Oak Bay, Aug 9, 5:00 - 6:00 PM, Oak Bay

Peewee

July 12, 6:15 to 7:30 PM, Oak Bay, July 19, 6:15 to 7:30 PM, Oak Bay, July 26, 6:15 to 7:30 PM, Oak Bay, July 31, 6:15 to 7:30 PM, Oak Bay, Aug 2, 6:30 to 7:45 PM, Oak Bay, Aug 12, 6:15 – 7:30 PM, Oak Bay

Bantam

July 7, 8:00 – 9:00 PM, Oak Bay, July 13, 5:30 – 6:50 PM, Naden, July 19, 5:30 – 6:50pm, Naden, July 26, 5:30 – 6:50pm, Naden, Aug 4, 7:45 to 9:05 PM, Oak Bay

Midget

July 5, 6:30 – 7:30 PM, Oak Bay, July 16, 7:10 – 8:20pm, Naden, July 23, 7:10 – 8:20pm, Naden, July 30, 7:10 – 8:20pm, Naden, Aug 6, 8:30 – 9:50pm, Naden, Aug 13, 8:40 – 9:50pm, Naden

Cost Per Player - \$150

GOALIE CAMP

A great way for all goalies to start the summer training season. Focus will be on proper techniques, shooting, skating for goalies and conditioning. This program is run in partnership with MAGIC Hockey.

June 28, 3:30 to 5:15 PM, Oak Bay July 1, 3:30 to 5:15 PM, Oak Bay
June 29, 3:30 to 5:15 PM, Oak Bay July 2, 3:30 to 5:15 PM, Oak Bay
June 30, , 3:30 to 5:15 PM, Oak Bay

Cost \$175 per goalie

Oak Bay Arena Complex

SPECIALTY POWER SKATING AND CONDITIONING CAMPS

INITIATION / NOVICE June 28-July 2 5:30pm to 6:20pm

SHOOTING / CHECKING CAMP June 28-July 2 6:30pm to 7:20pm

Open to Atom and above

POWER SKATING / CONDITIONING CAMP June 28-July 2 7:30pm to 8:20pm

Cost \$95 per player – Oak Bay Arena Complex

SUMMER DEVELOPMENT SERIES open to PeeWee and Above

July 14 7:45-9:00pm / July 21 7:45-9:00pm / July 28 7:45-9:00pm / Aug 11 7:30-9:00pm

Cost \$75 per player – Oak Bay Arena Complex

Covers all 4 sessions

REP PREP HIGH PERFORMANCE HOCKEY TRAINING CAMP

Victoria Minor Hockey is pleased to announce the return of the High Performance Rep Prep Hockey camp for the summer of 2010. The curriculum has been updated for this season and this camp is designed for those players wishing to compete at the elite level. The camp is geared towards ensuring that players attending are ready for their Rep tryouts by culminating all of the specialty training offered throughout the spring and early summer into a one week high tempo camp. The camp is a full day camp and will have strong components in the areas of on ice, off ice, and mental preparation. Players that are looking to tryout for Rep teams in September 2010 are encouraged to attend the camp. Program includes two daily on ice sessions, and two off ice sessions.

Cost \$395 per player
August 16th-20st
9am-4pm Daily
Oak Bay Arena Complex

PRE-SEASON DEVELOPMENT CAMP

Victoria Minor Hockey is pleased to announce the return of the Pre-Season Development Hockey camp for the summer of 2010. The curriculum has been updated for this season and this camp is designed to assist players in competing at their chosen level. The camp is geared towards ensuring that players attending are ready for their season by culminating all of the specialty training offered throughout the spring and early summer into a one week skills and conditioning camp. The camp is a full day camp and will have strong components in the areas of on ice, off ice, and mental preparation. Program includes two daily on ice sessions and two off ice sessions

Cost \$375 per player
August 23th-27th
9am-2:30pm Daily
Oak Bay Arena Complex

SEMI – PRIVATE/PRIVATE DEVELOPMENT 2 TRAINING SESSIONS

For players looking to work on specific areas of their game with a low instructor to student ratio, the intense training sessions are a must do. Players are in groups of a maximum of four with individual instructor attention to each skill component being worked on. Players run through an intense 30 minute work out with specific areas of focus

June 7, 7:00 to 7:20 PM, Naden	June 15, 7:00 to 7:20 PM, Naden
June 22, 7:00 to 7:20 PM, Naden	July 14, 6:30 to 7:00 PM 7:00-7:30pm, Oak Bay
July 16, 5:30 to 6:00 PM, Naden	July 21, 6:30 to 7:30 PM, Oak Bay
July 23, 5:30 to 6:00 PM, Oak Bay	July 28 6:30 to 7:30pm, Oak Bay
July 30, 5:30 to 6:00pm, Naden	
Aug 4, 6:30 to 7:30 PM, Oak Bay	Aug 11, 6:15 to 7:15 PM, Oak Bay
Aug 13, 8:10 to 8:40 PM, Naden	

Cost \$30 per session