RICHMOND OLYMPIC OVAL

HIGH PERFORMANCE

SUMMER FEMALE HOCKEY CAMP

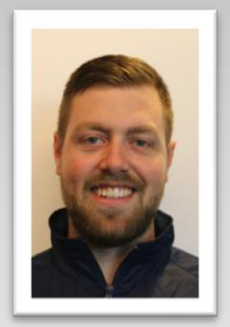


AUGUST 17 - 21 2015 | 10AM- 4PM

SKATER $450 | GOALIE $280

WHOLE BODY STRENGTH.DURABILITY.STRIDE POWER.MOVEMENT TRAINING.CORE STABILITY.ROTARY POWER
DEVELOPING PHENOMENAL HOCKEY PLAYERS AND EXCEPTIONAL ALL ROUND ATHLETES

This intensive female hockey camp targets the rep level player looking to develop their individual on ice skills in a low coach to athlete environment. Off-ice strength and conditioning sessions complement on-ice activities, helping to physically prepare all players for the upcoming season while providing foundational training knowledge required to safely and progressive continue to train individually. Mental performance, nutrition, recovery and regeneration, speed work and performance testing education is included in Oval camps to uniquely and progressively prepare athletes to compete at the provincial, college and national level.



MIKE SOMMER
Lead On-Ice Coach
Assistant Coach for UBC Women's Team
Coach for BC Hockey Female Program



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