

GRADS HOCKEY FACTORY SKILLS CAMP

Our goal is to make this the most enjoyable and satisfying experience possible for all attendees by providing a challenging and educational skills program.

Junior A coaches will provide a balanced curriculum on and off the ice, showing the kids how to improve their skills and enjoy the game that much more. The camp is best suited for kids who have a true desire to improve their skill set and conditioning immediately prior to their minor hockey evaluations. This camp will challenge them.

We purposely maintain a low instructor/child ratio to ensure that no child is "lost in the shuffle", and ensuring that each child receives individual attention. A well-supervised learning environment is provided for both on-ice and off-ice activities; all sessions led by skilled, experienced personnel. Our staff are all Junior A trained.

Students are grouped together by age group and ability, with careful consideration given to each individual's self-esteem and well-being. With exposure to new teaching approaches, techniques, programmes, drills & games led by our staff, your child will be well on their way to achieving their full potential.

THE PROGRAMS

Both our development and elite programs concentrate on the execution of basic and sophisticated hockey skills as well as the effectiveness, use and power of these skills in order to improve the player's development. The twice daily **on-ice sessions** consist of a thorough and challenging curriculum covering body control, forward and backward motion, puck movement and shooting, board safety techniques and appropriate conditioning at each level.

The **off-ice Sessions** for both divisions feature overall fitness training and conditioning, activities that are designed to highlight team concepts and classroom discussions focused on specific hockey topics.

DEVELOPMENT PROGRAM – two hours daily of on ice instruction designed for all levels of play

Our Camp Mission Statement

“Provide a Premiere Development Program for all levels of hockey allowing players to build towards their maximum potential!”

The Grads Hockey Factory Skills Camp is offered by the Cumberland Grads, the Cumberland Jr. Grads and the Cumberland Minor Hockey Association

ELITE PROGRAM - three hours daily of on-ice instruction designed for:

- ***kids currently playing rep hockey***
- ***kids playing high level house league***
- ***kids planning to play rep in 2010-11***

The Elite Program will be most enjoyed by those players looking for an intense challenging camp, in advance of competitive tryouts. Drills are more complex and run at a higher tempo.

OUR STAFF

We strive to ensure that we have the best instructors and counsellors on staff. We also guarantee that our player to instructor ratio is kept at a 7:1 maximum. ***This allows for greater individual attention to players than other hockey schools offered in the area.***

We use only Junior A coaches as well as professional & Junior A hockey players who have been selected as counsellors for our on and off-ice activities. All instructors are mature young men with an athletic background. The training staff will be current certified Junior "A" trainers.

Camp Director - Dennis Barban, Cumberland Grads
Hockey Director - Paul Flindall Cumberland Grads Head Coach

Group Directors - Cumberland Grads Assistant Coaches, former Cumberland Jr. Grads Coaches, & former Grads Junior A players

Counsellors - Current & former Grads Junior A players

Trainer - Head Trainer Cumberland Grads

PLEASE NOTE: Our staff is selected to ensure no conflict of interest concerning a camp registrant's CMHA or Cumberland Jr. Grads 2010-11 player assessment.

EQUIPMENT

Players must supply all of their own equipment including a C.S.A. approved face mask and neck guard. For off-ice activities, players must also provide their own personal apparel. All players will receive their own Practice Jersey courtesy of the camp as well as their own Grads camp T-shirt for off-ice activities.

REGISTRATION & SCHEDULE

******* THIS CAMP WILL SELL OUT! *******

It is advised to register as soon as possible due to the limited number of spaces available. Complete the Registration Form on the reverse side and forward as per the instructions.

NEW FOR 2010 – TWO WEEKS BEING OFFERED!

Development Camp:

August 16th to August 20th – 8:00AM-4:00PM daily
August 23rd to August 27th – 8:00AM-4:00PM daily

\$380/week or \$660 for both weeks
Special Offer: Includes \$100 discount for two weeks!!

Elite Camp:

August 16th to August 20th – 8:00AM-4:00PM daily
August 23rd to August 27th – 8:00AM-4:00PM daily

\$410/week or \$720 for both weeks
Special Offer: Includes \$100 discount for two weeks

SCHEDULE

“Information/Jersey Nights”

Sunday August 15th at 7pm @ RFC (library room)
Sunday August 22nd at 7pm @ RFC (library room)

“Grads Elite Hockey Camp”

August 16th to August 20th – 8:00AM-4:00PM daily
August 23rd to August 27th – 8:00AM-4:00PM daily

All activities take place at the Ray Friel Centre. Schedules for each group will be provided at the information night. Please note that we do not provide complimentary “after camp” child care.

Upon receipt of your completed application and payment you will be notified of your acceptance into the camp.

For further information don't hesitate to call, email or fax our office at **613-835-4297** or **613-835-3283 (fax)**

www.cumberlandgrads.com