

Spring Camp at the ZOO

Stay in top shape and identify areas for improvement this spring, setting the foundation for a stronger performance in the coming year.



SEPTEMBER - 1 Week

FOR U15 + U18 + Women

WHEN

Tue 26th - 5:15 to 6:45 pm

Wed 27th - 6:15 to 8:30 pm
(3.75 hours)

30 Players - 6 Goalies

OCTOBER - 1 Week

FOR U9+ U11 +U13+ Meerkats

WHEN

Tue 3rd - 5:15 to 6:45 pm

Wed 4th - 6:15 to 8:30 pm
(3.75 hours)

30 Players - 6 Goalies

PROGRAM

Power Skating

- Skating stance
- Skating stride
- Edges
- Quick feet
- Pivots
- Tight turns

Prepare for contact

- Angling
- Battling

Pucks Skills

- Skating with puck
- Passing
- Shooting
- Puck protection
- Agility
- Quick release
- Small area games

Tactics

- Breakouts
- Drop pass
- 1 on 1 & 2 on 1's
- Back checking
- Zone entry
- Scoring plays

GOALIES

- Skating fundamentals
- Positioning
- Save selection
- Puck handling
- Reading the play

MAIN COACHES

David Costa

Head Coach

Mikkel Endresen

Power Skating Coach

Gabe Robledo

Assistant Coach - IHA/Sirens

Tomas Manco

Assistant Coach - Ice Dogs player

Jakob Doornbos

TUE Goalie Coach - Ice Dogs goalie

Sera Dogramaci

WED Goalie Coach - IHA

COST \$100 per player/goalie

\$50 per player/goalie participating in a Juicebox league