

What is coming this summer from Best Performance Sports Training

August 21st to 25th – Competitive Bantam Camp

Description: This camp will take the Districts top Bantam aged players and help them build the tools they will need to enhance their performance for the upcoming season. The camp is intended for players that played Tier 1, 2 or 3 last year and are born in the 2002 and 2003 birth year. It will start with 3 skill sessions working various puck skills, skating skills and tactical skills. After these 3 sessions the group will be divided into 2 teams. Each team will practice once in the morning and play a game in the evening. The camp will run from 10am to 7pm each day with dryland training, lectures and nutrition sessions built in. The specifics of the camp are currently being worked out and an email on how to sign up and participate in this camp be sent out before the end of the week. In the 5 days, each athlete will receive 6 hours of on ice skill development, 6 hours of game time, 4 hours of lecture time on topics to help increase performance, and 10 hours of off-ice training. There will only be 30 spots available.

August 22nd to 26th – Novice – Peewee Day Camp

Description: This camp will have athletes training with Best Performance coaches from 8:30am to 4pm. Each player will have 2 ice times each days working on skills. The final day of the camp will be a 3 on 3 tournament. Also each day players will engage in games and activities off ice. Specifics of the camp are currently being worked out and more details will be sent by weeks' end. In the 5-day camp each player will receive 10 hours of on ice skill development, and 15 hours of off-ice activities. There will only be 48 spots available.

August 21st – 25th – Midget/Junior Prep Camp

Description: This camp is designed to help players attending Midget and Junior tryouts prepare for the upcoming season. Each night will involve a 1-hour skill development session followed by 45 minutes of game play. There will only be 24 spots available.

August 29th – September 2nd – Best Performance Power Skating Camp

Description: This camp is intended for all ages from 2011 – 1999 birth years. The camp will take improving skating quality and efficiency as its main focus. Foot work, technique, posture, edges and transitioning will be the main focus. There will be 8 different age groups with 14 spots per group. This camp will also involve goalie specific sessions.

MORE DETAILS FOR THESE CAMPS, INCLUDING SCHEDULES AND COAST WILL BE EMAILED OUT SOON!!