

PAHA & Twig Hockey

Camp - Oct. 2-6

Give your son/daughter the opportunity to be instructed in the latest hockey techniques and skills by the high school boys and girls varsity hockey coaches, current and former college, Olympic and professional hockey players, along with varsity athletes from each program.

Focus: Provide each player with the opportunity to get valuable ice time and to be instructed in the proper techniques that will make them successful all season long. This camp will focus on individual fundamentals and progress toward team skills.

Instructors: Proctor High School Coaches, Players, PAHA & Twig Coaches, and college coaches

** Tentative Instructors – Current College Players from CSS, UWS, & UMD

Cost: \$30 – ** Checks Payable to PAHA

Monday -Friday

5:00-5:45pm	Mini-Mites
6:00-6:45pm	Mites Girls U10
7:00-7:45pm	Squirts & Girls U12 (Dryland Training 6:00-6:30pm Tuesday & Thursday)
8:00-8:45pm	PeeWees & Girls U14 (Dryland Training 7:00-7:30pm Tuesday & Thursday)
9:00-9:45pm	Bantams (Dryland Training 8:00-8:30pm Tuesday & Thursday)

****Dryland Training****

Players and Youth Coaches will be introduced to Dryland Training Techniques that are age appropriate that will improve strength, conditioning, agility, and flexibility. Required workout attire (sweats or shorts, t-shirt, and tennis shoes). If your Dryland sessions are before the skating session, report to the Arena Fitness Center (Located upstairs in the hockey arena 15 minutes prior to your workout time.)