



## **TOTAL COMPETE CAMP**

**WHEN:** August 21-25, 2023

**WHERE:** Allard Arena ( 80 Allard Ave. Wpg, MB R3K 0K6 )

**WHO:** 2007 – 2009 AAA or AA players from 2022-23 season

**SCHEDULE:**

3:15pm – 4:15pm

**WHAT:**

Each ice time will consist of 60 mins of drills and skills. The focus will be on competing for time and space, puck protection, body positioning, foot speed drills, lane races, small area games, net front battles, wall play, angling, stick positioning, posture, 1 vs 1 situations, and more.

**WHY:**

This camp will prepare players for playing in tight areas and working on the compete factor that is becoming more and more part of the game. We will give players confidence to play with and with out the puck in all areas of the ice. Time and space is key to success in our game and this camp will work on aspects of this part of the game. The camp will have drills that involve some body contact/checking but will be under the guidance of the instructor and will be done with a safe and fair manner. The camp will help prepare the players for they're upcoming winter season.

**REGISTRATION:**

Registration will be on a first come first serve basis. There are will 18 spots open for each group. There are 2 goalie spots open for each group.

**COST: Early Bird Special - \$190 before June 1/23**  
**- \$225 after June 1/23**

*Payment can be cash at the first skate or an e transfer. If e transfer please contact Ryan for email address and security question/answer.*

If interested please contact Ryan Smith at [rsmith@spokanechiefs.com](mailto:rsmith@spokanechiefs.com) or call/text 509-270-5551.

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