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## U13&U15 Female Prep Camp

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Spanning 12.5 hours on the ice and an additional 10 hours of dryland training, our comprehensive program provides ample opportunity to refine skills and game aspects often neglected during the winter season. The curriculum emphasizes speed, agility, skating, passing, shooting, and puck protection, all tailored to prepare you for tryouts. This focused approach is designed to boost your confidence and help you evolve into the influential player you aim to be. Training in small groups ensures you receive maximum practice repetitions and detailed feedback. We'll also concentrate on enhancing individual puck skills, equipping players with the proficiency needed to excel in real-game scenarios.

This season, we're excited to collaborate with Tailor Goaltending, bringing in their expert on-ice instructor to further refine and strengthen the technical aspects of goaltending.

**Dates:** Aug 19,20,21,22,23,26,27,28,29,30 @ 12:50-2:05pm 1 hour dryland to follow ice time

**Location:** Jonathan Toews Sportsplex (Dakota)

**Price:** Players \$685

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