



ADULT HOCKEY BOOT CAMP

2021 FALL SESSION

Come join us at The Ice Box for Adult Hockey Boot Camp!

Boot Camp is a fun filled crash course for adults that have never tried hockey before, are interested in learning the game or would just like to improve their current skills!

DAY	DATE	CLASS TIME
Saturday	August 14 th	4:00 PM – 6:00 PM
Saturday	August 21 st	4:00 PM – 6:00 PM
Saturday	August 28 th	3:00 PM – 5:00 PM
Saturday	September 11 th	3:00 PM – 5:00 PM
Saturday	September 18 th	4:00 PM – 6:00 PM

COST: **FREE** for brand-new league players
\$10.00 cash each session for current players

DETAILS: Full equipment is required
All skaters must be 18 years of age or older

BOOT CAMP FOCUS POINTS:

- Have Fun
- Proper Skating Technique
- Correct Hockey Posture
- Power Skating (skate smarter not harder)
- Puck Control / Handling Skills
- Offensive Zone Techniques
- Defensive Zone Techniques
- Game Situation Drills Using Taught Skills

For more information, please contact:

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