



TIGERS AAA SPRING & SUMMER PROGRAMS TRAINING FOR ELITE ATHLETES

Each season CSAHA holds camps and clinics that are geared toward helping AAA and Junior players improve their on and off-ice skills.

This is a AAA program for Tiger players and prospective players looking for elite training.

Spring Elite is open to 2000-2005s

This year's Tigers Spring Camp will focus on skating, individual skill needs of its participants as well as appropriate tactics and high-level game situations in a select and competitive environment. In addition, players prepping for specific Junior Camps will be advised and conditioned appropriately leading in to events. Athletes will be afforded the opportunity to maximize speed, strength and scoring through an aggressive on/off ice program designed and directed by staff from NSCA, Midget and Junior coaches.

April 1- May 16 (off week of April 29)

On Ice - Twice Weekly (12 sessions) Tue/ Thur 00,01,02s 4-5:00pm / 03,04,05s 5:15-6:15pm Sertich

Ice Sessions week 1 will be at World Arena Tue 2nd 00,01,02 6:30pm / 03,04,05 7:45pm Thur 4th 00,01,02 5:00pm / 03,04,05 6:15pm

NSCA (12 sessions) – Mon and Wed at 5:00pm

SDC Skills/Agility (6 sessions) Wed at 3:30pm (00-02s) or 6:15pm (03-05s)

Setting out your summer exposure and training direction can be very overwhelming and we will offer to personally meet and discuss options and direction for your future. Our staff will offer to help with solid honest direction navigating the massive amount of camps, emails and recruiting at this critical time.

Participants in the Spring Camp will also receive a \$50 discount towards the AAA Spring ID Camp April 27-28!

COST \$595.00

We look forward to seeing you at the rink! For more information contact U18AAA Head Coach Kevin Holmstrom 719-332-0728 kevin.holmstrom@tigersaaahockey.com

To Register go to tigersaaahockey.com and click “Registration” / “Spring Summer Camps”. This program will sell out quickly, register early to guarantee a spot in the program.