



# SUMMER SKILLS TRAINING CAMP

**July 26 – August 19**

The hockey training camp will be a four-week program designed to boost performance and prepare players for the upcoming season.

## TIMES PER LEVEL

### On-Ice 4 days per week at these times:

College & High School - 8:00 am-9:00 am

Bantams / 14U - 9:15 am-10:15 am

PeeWee / 12U - 10:30 am-11:30 am

Squirts / U10 - 12:30 pm-1:30 pm

Mites - 1:45 pm-2:45 pm

### Dryland 4 days per week at these times:

College & High School - 9:15 am-10:00 am

Bantams / 14U - 10:30 am-11:15 am

PeeWee / 12U - 11:45 am-12:30 pm

Squirts / U10 - 1:45 pm-2:30 pm

Mites - 3:00 pm-3:45 pm

\*All Sessions Held At VFW 2

## TRAINERS AND STAFF

Kaine Martell

NCAA Players

NAHL Players

## COST

**\$500** per player

## REGISTRATION

For more information and registration, please visit:  
[www.bismarckhockey.com](http://www.bismarckhockey.com)