

# SANFORD SPORTS HOCKEY ACADEMY

DEVELOPMENT CAMP CONSISTING OF HOCKEY  
SPECIFIC AND DRYLAND TRAINING

WEEKLY ICE TIME INCLUDED

**7 WEEKS- APRIL 1- MAY 16**  
**MON, TUES, THURS**

## TUESDAY & THURSDAY

### ***SANFORD SPORTS:***

- 10TH-12TH GRADE: 4-6PM
- 4TH-5TH GRADE: 4-6PM
- 8TH-9TH GRADE : 5-7PM
- 6TH-7TH GRADE: 6-8PM

\*\*HOUR OF STRENGTH TRAINING. HOUR OF SKATING TREADMILL,  
DEVELOPING STRIDE & SYNTHETIC ICE SKILL DEVELOPMENT:  
STICKHANDLING, SHOOTING, PASSING\*\*

## MONDAY

### ***VFW SPORTS CENTER:***

- 8TH- 12TH GRADE: 4-5PM
- 4TH- 7TH GRADE: 5-6PM

\*\*HOUR OF SKATING AND SKILL DEVELOPMENT  
IMPLEMENTING EDGEWORK ALONG WITH SKILL SPECIFIC  
DRILLS WORKING ON STICKHANDLING, SHOOTING AND  
PASSING\*\*

# **\$800**

**SMALL GROUP TRAINING  
INCLUDES JERSEY AND 5 HOURS  
OF TRAINING A WEEK**

**GAIN CONFIDENCE IN YOUR GAME: IMPROVE SPEED, STRENGTH,  
EXPLOSIVENESS AND WORK ON HOCKEY SPECIFIC SKILLS FOR THE  
DEVELOPMENT OF THE COMPLETE HOCKEY PLAYER.**

**6 ATHLETES PER AGE GROUP, SPACE IS VERY  
LIMITED, CALL SANFORD SPORTS TO REGISTER  
TODAY!**



[SANFORDSPORTS.COM](http://SANFORDSPORTS.COM)



(701) 323-1125