



**ProSkate**

Day Camp Schedule

8:30am – Drop Off

9:00am to 10:30am – On Ice

10:45am to 11:45am – Off Ice

12:00pm – Lunch - Rest

1:15pm to 2:45pm – On Ice

3:00pm - Pickup

Players are to bring their own lunch. Gatorade and water provided for the players.

Players are to bring sneakers and exercise clothing.

**AUGUST 7<sup>TH</sup> -11<sup>TH</sup>, 2017**

# ***-Defensive- Hockey Camp***

***With Coach Sergei Starikov***

**Coach Sergei Starikov**



Come and join coach Sergei Starikov for this one of a kind Defensive Hockey Camp this summer at ProSkate! World Olympic Champion, and NHL defensive standout Sergei Starikov will be working with defensive minded players this summer. His program provides an environment where defensemen can learn everything from basic fundamentals, to game concepts and strategy. Camp would include custom off-ice training programs for players to build strength and conditioning for the season.

Camp is open to travel level players Squirt-Midget.

Registration will be open up until August 2nd – please register early to save your spot. Camp will be limited to 30 players. Camp will be open to player Squirt-Midget.

**Price - \$395**

**August 7<sup>th</sup> – 11<sup>th</sup>**

**8:30am to 3:00pm**