



# PRO ACTION SUMMER HOCKEY CAMPS

(Pointe Claire Arena)

## \* JULY POSITIONAL SPECIFIC CAMPS \*

The purpose of these camps is to work on skills that are specific to your hockey position. Included is Agility Skating, Shooting, Battles and Game Strategies.

Drills will be 'Defense' and 'Forward' specific, in separate groups.

**\$60/week**

Registered participants are welcome to be 'Shooters' in the Goalie Clinic from 3:00-4:00 at no charge.

2:00 - 3:00 pm Pee wee & Bantam

3:00 - 4:00 pm Goalie Clinic

4:00 - 5:00 pm Midget & Juvenile

Week 1 - July 10 & 12

Week 2 - July 17 & 19

Week 3 - July 24 & 26

### **Instructors Include:**

- Gord Armstrong (*Juvenile D1 Head Coach*)
- Mathieu Montreuil (*Director- Pro Action Hockey*)
- Stefan Goyette (*Goalie Coach*)
- Nick Kuiper (*Played Pro in Europe, AHL*)
- Brody Armstrong (*Pee wee D1 Head Coach*)

## \* JULY/AUGUST HOCKEY CAMPS \*

Weeks 1 & 2 will focus on Skill Development, Game Strategies, including 1 v 1's, 2 v 1's, 2 v 2's. We will include small area games and battle drills to simulate game situations.

Weeks 2 & 3 will include quick executions, overspeed, and conditioning as well.

### **PEEWEE/BANTAM \$225/week**

Week 1 - July 30, 31, Aug 1, 2, 3 - 2:00 - 3:30 pm

Week 2 - Aug 6, 7, 8, 9, 10 - 2:00 - 3:30 pm

Week 3 - Aug 13, 14, 15, 16, 17 - 2:00 - 3:30 pm

### **MIDGET/JUVENILE/PREP CAMP \$225/week**

Week 1 - July 30, 31, Aug 1, 2, 3 - 3:30 - 5:00 pm

Week 2 - Aug 6, 7, 8, 9, 10 - 3:30 - 5:00 pm

Week 3 - Aug 13, 14, 15, 16, 17 - 3:30 - 5:00 pm

Register at [www.proactionhockey.ca](http://www.proactionhockey.ca) under 'Camps'  
Choose your week(s) and complete the registration form

Once your form is submitted, mail your cheque payable to: *Pro Action Hockey* to:  
161 Westcliffe Ave, Pointe Claire, QC H9R 1M8  
Your spot is only confirmed once we receive payment.

For more info contact:

[gordproaction@gmail.com](mailto:gordproaction@gmail.com)

Space is limited