



Ice Rink & Sports Complex

## Half Day Camp Itinerary

# Super Skills Hockey Development With Coach Tom Moores

July 27-31 | 8:30am-12:00pm

Squirt • Pee wee • Bantam

## Overview

### Summary:

Kenston High School's Head Hockey Coach, (Coach T) will be leading a one-week Super Skills Camp featuring combine-style on-ice and off-ice testing, speed gates, and radar-tracked shot speeds.

### What Players Can Expect:

- High-energy, positive, on-ice instruction tailored to skill level
- Instruction led by experienced professional coach, Tom Moores, and assisted by coach Charlie
- Fun with The Pond's Arctic Alley Synthetic Ice Shooting Lane
- On-ice skill sessions focused on skating, puck control, passing, shooting, and game concepts
- Scrimmages and competitive challenges
- Daily Off-Ice Conditioning
- Indoor and outdoor sports, including soccer

## Itinerary

**8:30am** Drop off, check-in, lace up!

**9:00am-10:00am** On ice skills session

**10:10am-11:05am** Snack / change to shorts and tennis shorts / Off Ice Conditioning

**11:10am-12:00pm** Power skating & edge class or scrimmage time

**12:15pm** Parent pick up