

What to Expect

This program is intended to help players get prepared for training camp. The goals of the week are to improve;

- ⇒ individual skill level
- ⇒ understanding of team concepts
- ⇒ physical fitness

Younger players will get back on the ice to prepare for the season and will also be introduced to the concept of dryland training in preparation for future years. An emphasis will be placed on proper technique and physical literacy.

Older players will be pushed to execute skills at the highest pace possible and to drive their development forward through hard work.

What To Bring

- Full hockey equipment (stored at rink)
- Bag Lunch
- Snacks
- Water Bottle
- Shorts
- Shirt
- Runners
- Swimsuit
- Towel
- Sunscreen
- **POSITIVE GROWTH ATTITUDE**
- **WORK ETHIC**

Head Coaches

Barry Lewis—Morris Manitoba

Barry is the Head Coach at the Morris School Hockey Academy. Barry was the Head Coach of the AAA Bantam Pembina Valley Hawks and prior to that he spent 8 successful years as the Head Coach of the Morris Mavericks High School hockey team where he guided them to 3 Zone IV Championships and 2 Provincial MHSAA Championships. Barry has coached Jr. A, AAA Midget, AAA Bantam and professionally in Europe over the course of his 20+ year career.

Garth Shindle—Carman Manitoba

Garth is a former Head Coach of the Pembina Valley Twisters (MMJHL) where he earned league honours as Coach of the Year. He also served as the Head Coach of the Carman Cougars High School hockey team and an Assistant Coach and Goalie Coach with the Pembina Valley Hawks AAA Midget team. Garth also has years of experience coaching hockey schools in Northern Ontario and across Manitoba. Garth is Vice Principal at Ecole Morden Middle School.

Keith Bially—Morden, MB

Keith played AAA Midget for the Pembina Valley Hawks before pursuing a scholarship from the Bottineau Lumberjacks of the NJCAA in North Dakota. After returning from North Dakota Keith played for both the Winkler Flyers of the MJHL as well as the Pembina Valley Twisters of the MMJHL where he won a championship in his final year. Keith continued hockey after junior with the Altona Maroons of the SEMHL where he played 3 seasons. Keith is currently playing for the Morden Redskins in the SEMHL where he has won two league championships as well as a provincial title. Keith has coached peewee, bantam and high school in the Morris area. Keith was also an assistant coach with the AAA Bantam Pembina Valley Hawks in 2015-16 as well as the AAA Pembina Valley Hawks Directors Cup in 2017. Keith is currently the head coach of the Garden Valley Zodiacs in Winkler where he teaches.

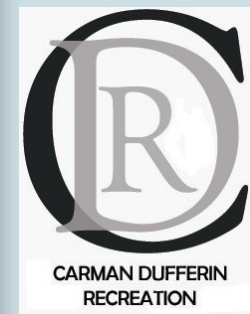
Larisa Ens—Carman Manitoba

Larisa is the head dry-land instructor. She teaches Phys. Ed. at Carman Collegiate and holds a Master of Science Degree in Applied Sport Science & Coaching. She is a former member of the Winnipeg Wesmen Women's Basketball team where she won 2 National Championships and was TSN's Female Basketball Player of the Year. She is the recipient of four Hall of Fame inductions at the provincial and national level and has 20+ years coaching experience.



Carman Dufferin Recreation
Presents

2017 Pre-Season Prep Hockey Camp



August 28 -
September 1



(204) 745-2684



Hockey Camp Information

Bantam/High School Prep

Daily Schedule:

8:00-9:15—Ice
9:45-11:00—Dryland
11:00—12:15—Pool
12:15-1:00—Lunch
1:30-2:30—Ice
3:00-4:00—Dryland
4:00—Arena Pick Up

Total Activity Included:

Ice—11.25 hours/week
Dryland—11.25 hours/week
Pool—6.25 hours/week

Cost: \$325 (including taxes)

Pee Wee Prep/Atom Major

Daily Schedule:

8:30-9:45—Dryland
9:45—10:15— Shooting on B Side
10:45- 12:00 —Ice
12:30-1:15—Lunch
1:15-2:15—Dryland
2:15-3:30—Pool
4:00—5:00—Ice (pick up after ice session)

Total Activity Included:

Ice—11.25 hours/week
Dryland—11.25 hours/week
Pool—6.25 hours/week

Cost: \$325 (including taxes)

Atom Minor/Novice Skills and Drills

Daily Schedule:

8:00-9:00—Drop Off (supervised activities)
9:30 -10:30— Ice
11:00-12:00— Dryland
12:00-12:45—Lunch
12:45-2:15—Pool
2:45-3:45—Ice
4:00—pick up at arena or if unable to pick up until 5pm children will be at Community Hall.
4:00—Walk to Community Hall
5:00—Community Hall Pick Up

Total Activity Included:

Ice—10 hours/week
Dryland—5 hours/week
Pool—5 hours/week
Day Camp Activities—5 hours/week

Cost: \$275 (including taxes)

**Coaches will determine
which group**



To Register Contact; Carman Dufferin Recreation

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