

## Our Program

“Drills for Skills” is a dynamic, skill development oriented program. It is designed to identify and focus on the individual player’s skills and build upon them using positive feedback techniques.

Emphasis is placed on completing drills *correctly, completely and effectively.*

Our goal is to create the self confidence the player needs to succeed *on and off the ice.*

### ***NO OTHER LOCAL HOCKEY SCHOOL OFFERS ALL THIS***

- 3 hrs/day on ice instruction
- Full day program
- Local instructors and operators
- Low player / instructor ratio
- Focus on the fundamentals
- Reasonably priced program

## **Rates**

- \$ 299.00 plus GST for July 5<sup>th</sup> week
- \$ 249.00 plus GST for July 19<sup>th</sup> week
  - \$25 extra after April 15/10

## **Application** (*circle camp date*)

Camp: July 6th All Skills July 20th Advanced

Name \_\_\_\_\_ Gender M F

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Skill Level rep house Position \_\_\_\_\_

Jersey Size youth S M L adult S M L

Please fill out application completely and enclose a \$125.00 refundable deposit. Mail to:

**Georgian Bay Hockey Academy**  
c/o D. Mussell  
7485 Nottawasaga 36/37 SR  
RR2 Collingwood, On  
L9Y 3Z1  
Contact (705) 444-5003 or  
gbha@georgian.net

- Your cancelled chq is receipt of acceptance
- Full refund available until June 15<sup>th</sup>, \$50.00 administration fee is applicable after this date
  - Waiver must be signed before participation
- All participants contacted the week prior to camp via email
  - Balance due on registration day
- GBHA reserves right to change programming / instructor schedule

\_\_\_\_\_  
Parent or Guardian Signature Date

## **Georgian Bay Hockey Academy & Collingwood Blues Jr A Club Presents its 6th Annual**

## **“Drills for Skills” Hockey Camps**



**July 5<sup>th</sup> -9<sup>th</sup> All Skills**  
**July 19<sup>th</sup> – 22<sup>nd</sup> Advanced**  
**2010 Eddie Bush Arena**  
**Collingwood, Ontario**

**LAST YEAR SOLD OUT  
REGISTER EARLY**

## Program Highlights

### On Ice

- 3 hours on ice instruction per day
- Small groups 25 max skaters
- Static and dynamic passing and shooting drills
- Progressive training and skill improvement techniques
- Stick handling and agility drills
- Fast feet and hand movement drills
- Quickness and mobility training
- Read and react drills
- Introduction and reinforcement of on ice safety
- Goalie instruction

### Off Ice

- Introduction to team concepts and tactics eg support, time and space
- Creative playmaking activities
- Imaginative and creative projects to get the player “thinking” about the game
- Small group team building activities
- Speed and agility training
- Guest speakers

## Scheduled Guest Speaking Topics

Injury Prevention  
Nutrition and Diet  
Off Ice Training Techniques  
Psychology of Sport  
Winning Edge Strategies  
Local Success Stories in Sport  
Team Building

**MEMBERS OF THE COLLINGWOOD  
BLUES JR A HOCKEY CLUB WILL BE  
IN ATTENDANCE AND  
INSTRUCTING BOTH WEEKS !**

## All Skills Program Schedule

### Group A (7-9 yrs)

9:30-11:00 on ice  
11:00-12:30 off ice chalk talk & lunch  
12:30-2:00 on ice  
2:00-3:30 off ice class & dry land  
3:30-4:00 daily review and wrap up

### Group B (10-13 yrs)

9:30-11:00 off ice class & dry land  
11:00-12:30 on ice  
12:30-2:00 off ice chalk talk & lunch  
2:00-3:30 on ice  
3:30-4:00 daily review and wrap up

**Friday On Ice Tournament  
with Pizza & Gatorade Lunch**

## Advanced Program Schedule

AGES 7-9 & 10-13

9:30-11:00 Dynamic Warm Up / Agility  
11:00-12:30 On Ice  
12:30-2:00 Lunch & Systems Talk  
2:00 – 3:30 On Ice  
3:30 – 4:00 Daily review and wrap up

## Lead Instructors

### Chris Gill

OMHA Development 2 certified  
Asst Coach, Collingwood Blues Jr A  
9 yrs youth coaching and programming experience  
2 yrs CMHA Summer Training Program-Head Inst.  
4 years Blue Thunder AAA Head Coach  
2 yrs Asst Instructor-Ultraskills Hockey Camp Collingwood

### Darrell Mussell

B.A. Physical Education, University of Western Ontario  
Director of Hockey Operations, Collingwood Blues Jr A  
OMHA Development 1 certified  
Canada Coaching Level 2  
St. Johns Ambulance First Aid Cert.  
12 yrs coaching experience  
OMHA – OHL coaching clinic experienced w / Owen Sound Attack  
and the Brampton Battalion  
Roger Neilson coaching program

## All Skills Week July 5<sup>th</sup> -9<sup>th</sup>

This program is designed to challenge players of all skill levels. Individual skill development is emphasized combined with small group sessions of similar calibre skill levels. This program emphasises the learning of new skills in a fun and practical way.

## Advanced Skills Week July 19-22<sup>nd</sup>

This program is designed specifically for the advanced level player. This program focuses on individual skill development combined with player interaction.

**The goal is to complete all drills with high game tempo, intensity and proper technique.**

**Players must be registered in ‘A’ level of rep hockey or have the appropriate skating skills to be accepted to this program.**