

BIC Season Prep camp August 26th -30th

Camp Cost: \$300

Monday/Tuesday/Thursday/Friday

8:30 - 9:00	Drop off		
9:15 – 10:45	On Ice	power skating/Puck control	(Flo)
11:00 – 12:30	Dryland	Stretch/balance/flexibility/Strength	(Flo)
12:30 – 1:15	Lunch		
1:30 – 2:45	On Ice	Passing/Shooting/Stickhandling/Game Strategy	
3:00	PICK UP		

Wednesday

8:30 - 9:00	Drop off		
9:15 – 10:45	On Ice	power skating/Puck control	(Flo)
11:00 – 11:45	Dryland	Stretch/balance/flexibility/Strength	(Flo)
11:45 – 12:30	Lunch		
12:45 – 1:45	On Ice	Passing/Shooting/Stickhandling/Game Strategy	
2:00 – 3:00	Dryland		
3:00	PICK UP		

Required items for each day:

Running shoes your child can get on and off themselves, water bottle, packed lunch and snacks. The café will be open for Drinks, but will not be serving food. Please make sure prior to camp you have your child dress themselves in their gear at home. Make sure they can get the majority of their gear on and off by themselves. Coaches will be available to tie skates and help with miscellaneous things like tape socks, help with jerseys and helmets. But will not be able to help each and every kid get their hockey gear on from head to toe.

Registration: