

Defense Only Hockey Camp

Cost: \$450 Aug 9th - 13th

A Camp geared towards only defenseman. Defenseman need a very different skill set than players who play forward. This camp will instruct defenseman on the key points for playing that position. Campers will be instructed by Travis Richards who shares his extensive knowledge to give your players a very thorough and informative experience.

Key skills covered:

- Improving your feet
- Using the net
- Using your stick
- How to protect yourself
- Coverage in front of your net
- Playing 1-1's, 2-1's, and 3-2's
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Instructors: **Travis Richards:** Defenseman Grand Rapids Griffins, U.S. Olympian
Dave VanDrunen: Defenseman Grand Rapids Griffins for 4yrs
Mike Slobodnik: Head Coach, GR Catholic Central Hockey
Kory Karlander: Over 1000 games of Pro-Hockey
Taylor Keyworth: Byron Center High School Head Coach

2012's—2009s Schedule

- On Ice 9-10:20
- Video or Chalk Talk 10:35—11
- Lunch 11:10—11:30
- Off-Ice 11:30—12:15
- On-Ice 12:40—1:50

08s and Older Schedule

- On Ice from 11—12:20
- Off-Ice from 12:35—1:20
- Lunch 1:20—1:55
- Video or Chalk Talk 1:55—2:20
- On-Ice 2:40—3:50

Register online at www.southsidearena.com/summercamp