



Impact Hockey Academy (IHA) and Elmbrook Youth Hockey Association (EYHA) is pleased to announce the 2019 Fall Speed and Conditioning Camp dates. IHA's philosophy is based around a solid skating foundation. Posture, Balance, Agility and Lateral movements are keys to a successful stride. EYHA in partnership with IHA are adding additional skills sessions prior to the winter season. We are sure that the additional ice and skills gained will help each skater attain his or her goals this winter and get back to the basics prior to the season!

This Event is open to ALL skaters from our U8 players to the U16's. It is strongly encouraged to get your hockey skills tuned up and help get your season off to a great start. All sessions will be led by EYHA Hockey Director, Coach Bud Simon, IHA Staff with support of EYHA coaches.

Registration is open for Elmbrook players until Friday, July 26th.

After July 27th, registration will be open to the public to fill the final slots. 35-45 players per age group will be accepted based on the level.

Tuesday, August 20th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30	Thursday, August 22nd U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30
Tuesday, August 27th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30	Thursday, August 29th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30
Tuesday, September 3rd U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30	Thursday, September 5th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30
Tuesday, September 10th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30	Thursday, September 12th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30
Tuesday, September 17th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30	Thursday, September 19th U8: 5:00 – 6:00 U10: 6:10 – 7:10 U12: 7:20 - 8:20 U14: 8:30 - 9:30

Falls Speed Camp FEES: \$250.00.

Registration and all payments taken online at <https://elmbrookyouthhockey.sportngin.com/register/form/509845463>

No prorated fees or refunds will be possible.