



# Summer Hockey Warrior Weekend Mini-Camps

June 10-13, 24-27

July 8-11, 22-25



## Squirts and Peewees / 10u & 12u girls ('21-'22 season)

Thursday	3:30 - 5:45 pm	(3:30 - 4:30 ice, 4:45 - 5:45 off)
Friday	4:00 - 6:45 pm	(4:00 - 5:00 off, 5:15 - 6:45 ice)
Saturday	9:00 am - 12:15 pm	(9:00 - 11:00 ice, 11:15 - 12:15 off)
Sunday	9:00 am - 12:15 pm	(9:00 - 11:00 ice, 11:15 - 12:15 off)

## Bantams / JV & High School Girls, Boys ('21-'22 Season)

Thursday	4:45 - 7:00 pm	(4:45 - 5:45 ice, 6:00 - 7:00 off)
Friday	5:30 - 8:30 pm	(5:30 - 6:30 off, 7:00 - 8:30 ice)
Saturday	10:00 am - 1:15 pm	(10:00 - 11:00 off, 11:15 - 1:15 ice)
Sunday	10:00 am - 1:15 pm	(10:00 - 11:00 off, 11:15 - 1:15 ice)

**\$500 per player for the entire summer of training,  
includes 26 hours of ice + 16-20 hours off-ice  
Limit of 30 skaters and 4 goaltenders per group**

Physical and mental toughness  
Fundamental Skills training  
Positional Play Training  
Tactics and Good Habits  
Playing with a Purpose  
Chalk Talks  
Strength and Conditioning  
Footwork and Agility  
Nutrition and Recovery

**3-6 Instructors per Ice Session, 1-3 per off-ice session  
Coaches with experience in juniors, NCAA and other high levels of hockey  
Local and outside coaches will be utilized to provide the most diverse experience**

## The Most Challenging and Comprehensive Summer Program Around for the Serious Hockey Player

These 4 Mini-camps, spread out of 7 weeks, will challenge your hockey player on and off the ice. We will focus on helping them build up a framework of important skills to use in the game, as well as train them to play it the right way and with a purpose. It will combine traditional with unconventional training methods on and off the ice to keep players thinking, learning, going and growing. The dynamic and versatile experience will provide a framework and foundation for their upcoming season, both in how they prepare for and compete in practices and games.

Willmar Civic Center  
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EMAIL: [hockeyx10sion@yahoo.com](mailto:hockeyx10sion@yahoo.com)  
with any questions

**Note: If you can only make 1-2 select weekends, email Mike Bowman with your player's info, and what weekends, to be put on a waiting list when spots open up for individual weekends**