



DREAM SPORTS CENTER CAMP SCHEDULE APRIL 4-6, 2008

FRIDAY:

CHECK IN: 4PM - 5:30PM
 PLAYER / PARENT MEETING 5:30PM - 5:45PM

OFF-RINK SESSION I: 6PM-7PM
 OFF-RINK SESSION II: 7PM-8PM
 SKILLS SESSION I: 8PM-9PM
 SKILLS SESSION II: 9PM-10PM

GROUP 1: WORKOUT CLOTHES
 GROUP 2: WORKOUT CLOTHES
 GROUP 1: HOCKEY EQUIPMENT
 GROUP 2: HOCKEY EQUIPMENT

SATURDAY:

WARM-UP: 8:30AM-8:45AM
 GOALIE/SHOOTING SESSION: 9AM-10AM
 GAME I: 10AM-11AM
 GAME II: 11AM-12PM
 GAME III: 12PM-1PM

WORKOUT CLOTHES
 ALL GOALIES & GROUP 1: FULL EQUIPMENT

LUNCH BREAK: AFTER YOUR GAME

SKILLS SESSION I: 2PM-3PM
 SKILLS SESSION II: 3PM-4PM
 GAME I: 4PM-5PM
 GAME II: 5PM-6PM
 GAME III: 6PM-7PM

GROUP 2: HOCKEY EQUIPMENT
 GROUP 1: HOCKEY EQUIPMENT

SUNDAY:

GOALIE/SHOOTING SESSION: 9AM-10AM
 GAME I: 10AM-11AM
 GAME II: 11AM-12PM
 GAME III: 12PM-1PM

ALL GOALIES & GROUP 2: FULL EQUIPMENT

AWARDS: 1PM - 1:30PM ALL PLAYERS / PARENTS

All Players Must Bring the Following

- Workout Clothes:
- shorts or sweats
 - t-shirt & long sleeve shirt
 - tennis shoes
 - own water bottle / Nalgene bottle for the bench
 - towel

USA Clinics Instructor
 - Peter Dale, (414) 899-5960

- SKATING
- STICKHANDLING
- SHOOTING
- PASSING
- DEFENSIVE PLAY
- FORECHECKING
- BACKCHECKING
- DEFENSIVE ZONE
- OFFENSIVE PLAY
- BREAK-OUT
- ODD MAN RUSH
- OFFENSIVE ZONE
- SPECIAL TEAMS
- POWER PLAY
- PENALTY KILL
- FACE-OFF'S
- AWARENESS
- STRENGTHS
- WEAKNESSES
- PHYSICAL TALENT
- MENTAL TALENT
- EMOTIONAL TALENT
- SOCIAL TALENT
- BALANCE
- LIFESTYLE

