



# Des Moines Youth Hockey Summer Hockey Skill Camps

Take your hockey game to the next level this summer. Des Moines Youth Hockey is proud to offer skill and skating camps for all ages and levels. Each clinic is themed to develop specific hockey skills, with all clinics encompassing skating, edgework, shooting, passing and competitive play. **Camps are run by professional skating and skill coaches.**

Choose one clinic or multiple clinics. **Book your spot today as space is limited to provide the best opportunity for player development.**



- ✓ **Power Skating** – Generate power and speed using stride, edges, agility, balance, body control and transitions. Using skating in hockey specific skills and situations. 6 weeks, 2x per week (~12 hours of ice time).
- ✓ **Skills - Shooting, Passing & Handling** – This camp will focus on protecting, moving and shooting the puck while using these skills in hockey specific situations. 6 weeks, 2x per week (~12 hours of ice time). ***For 12u / 14u players, skills will include teaching age-appropriate body contact.***

**Camp Specifics on next page**



# \*\*\* Ages for 2025-2026 Season \*\*\*



Travel: Jr. Bucs Travel Program

House: House, Lady Wild, & All-Star Players

\*Exceptions granted on a case-by-case basis\*

Mon	Tue	Wed	Thu
6/2/2025	6/3/2025	6/4/2025	6/5/2025
6/9/2025	6/10/2025	6/11/2025	6/12/2025
6/16/2025	6/17/2025	6/18/2025	6/19/2025
6/23/2025	6/24/2025	6/25/2025	6/26/2025
7/7/2025	7/8/2025	7/9/2025	7/10/2025
7/14/2025	7/15/2025	7/16/2025	7/17/2025
<b>Skating</b> 8u/10u House 11:00-11:50am	<b>Skating</b> 8u/10u Travel 11:00-11:50am	<b>Skating</b> 8u/10u House 11:00-11:50am	<b>Skating</b> 8u/10u Travel 11:00-11:50am
<b>Skills</b> 8u/10u House 12:00 - 12:50pm	<b>Skills</b> 8u/10u Travel 12:00 - 12:50pm	<b>Skills</b> 8u/10u House 12:00 - 12:50pm	<b>Skills</b> 8u/10u Travel 12:00 - 12:50pm
<b>Skating</b> 12u/14u House 1:00 -1:50pm	<b>Skating</b> 12u/14u Travel 1:00 -1:50pm	<b>Skating</b> 12u/14u House 1:00 -1:50pm	<b>Skating</b> 12u/14u Travel 1:00 -1:50pm
<b>Skills</b> 12u/14u House 2:00pm - 2:50pm	<b>Skills</b> 12u/14u Travel 2:00pm - 2:50pm	<b>Skills</b> 12u/14u House 2:00pm - 2:50pm	<b>Skills</b> 12u/14u Travel 2:00pm - 2:50pm

## House Players

### Power Skating

- **Cost:** \$399
- **Days:** Mon & Wed
- **Times:** 8u/10u @ 11:00am  
12u/14u @ 1:00pm

### Skills - Shooting, Passing & Handling

- **Cost:** \$399 **GOALIES FREE**
- **Days:** Mon & Wed
- **Times:** 8u/10u @ 12:00pm  
12u/14u @ 2:00pm

## Travel Players

### Power Skating

- **Cost:** \$399
- **Days:** Tue & Thu
- **Times:** 8u/10u @ 11:00am  
12u/14u @ 1:00pm

### Skills - Shooting, Passing & Handling

- **Cost:** \$399 **GOALIES FREE**
- **Days:** Tue & Thu
- **Times:** 8u/10u @ 12:00pm  
12u/14u @ 2:00pm