



H2L Girls Summer Camp

@ Yanmar Arena



Elementary Summer Camp - \$250

7/13	FIELD 400-440PM	ICE 510-610PM
7/20	FIELD 400-440PM	ICE 510-610PM
7/22	S/S 400-440PM	ICE 510-610PM
7/27	FIELD 400-440PM	ICE 510-610PM
8/5	ICE 1200-100PM	FIELD 110-150PM
8/7	ICE 1200-100PM	S/S 110-150PM
8/10	ICE 1200-100PM	FIELD 110-150PM
8/12	ICE 1200-100PM	S/S 110-150PM
8/17	ICE 1030-1130AM	FIELD 1140-1220PM
8/19	ICE 1030-1130AM	S/S 1140-1220PM
8/21	ICE 1030-1130AM	FIELD 1140-1220PM
8/24	ICE 1030-1130AM	FIELD 1140-1220PM
8/26	ICE 1030-1130AM	S/S 1140-1220PM

Coaching Staff*

Jeremy Carlson
Claire Vekich
Sophie Carlson
Kate Carlson
Opal Anderson

*Additional HS Players and qualified adult coaches based on availability



13 hours on ice (parents encouraged to help tie skates when able). 8 sessions field games and plyometrics 5 sessions shooting/stickhandling (S/S) training.



*DRYLAND IS TYPICALLY OUTDOORS MAY BE WEATHER DEPENDANT



Additional individual or small group training available through our highly skilled staff.

Send email to hockeytolife@gmail.com if interested for prices/details

Edgework
Shooting
Strength and Speed



Contacts:
Jeremy Carlson 398 -2625
Email: hockeytolife@gmail.com

Please send cash or checks with your primary email and phone number to

Hockey to Life
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