



## Mite/Squirt On-Ice Skating and Skills Camp

Acceleration North is back on the ice again this spring. Instead of just playing games in your spring league and not progressing with your game. Why not work on your skating and puck skills?

Many players spend too much time playing the game they love and often neglect the skating and developmental skills necessary to become a better overall player. Here at Acceleration North we have combined our off-ice programs with on-ice development.

### The program will be held at Schwan's Super Rink and focus on:

- *stride development*
- *proper use of edges and transitional skating*
- *foot speed and quickness drills*
- *stick handling and puck control*
- *passing and receiving techniques*
- *conditioning*
- *on-ice shooting in addition to our Rapid Shot shooting system*

### CAMPS: Start the week of April 5<sup>th</sup> and run for 5 weeks

Mite/Squirt camp \$320 – 4:10pm to 5:10pm - Mondays and Thursdays

- *10 One hour on-ice sessions at Schwan's Super Rink*
- *5 skating treadmill sessions at Acceleration North*

Spots are limited. Ice times will be twice a week for five weeks. Sessions at Acceleration North will be made by appointment. Please call (651) 486-0020 with any questions or to schedule your off-ice appointments.

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