

# Week long Camps



To Register for any of the following camps please send an email to [andrewmercer@rogers.com](mailto:andrewmercer@rogers.com)

Make sure to include your child's name, age, camp requested.

## **Camp 1** **July 12th-16th 9:00am-4:00pm**

Location: On the Minto North American sized ice surface

# Group A - Atom and Pee wee  
# Group B - Bantam and Midget

# Camp Features 3 hours of on ice training per day  
# 3 hours of off ice training per day

# Off ice training will include Video review of previous ice session  
# Mental training provided by sports psychology consultant  
# Strength, plyometric and endurance training  
# Workshop on proper stretching, maintenance and injury prevention, provided by Kim Ethier, RMT  
# Daily classroom theory lessons

Price: \$750 (includes jersey)

## **Camp 2** **August 9th-13th 8:00am-3:00pm**

Location: On the Minto International sized ice surface

# Group A - Atom and Pee wee  
# Group B - Bantam and Midget

# Camp Features 3 hours of on ice training per day  
# 3 hours of off ice training per day

# Off ice training will include Video review of previous ice session  
# Mental training provided by sports psychology consultant  
# Strength, plyometric and endurance training  
# Workshop on proper stretching, maintenance and injury prevention, provided by Kim Ethier, RMT  
# Daily classroom theory lessons

Price: \$750 (includes jersey)

## **Camp 3** **August 23rd-27th**

8:30am-10:00am (Group 1 Novice, Atom, Pee wee Minor)  
10:00am-11:30am (Group 2 Pee wee Major, Minor Bantam)  
11:30am-1:00pm (Group 3 Major Bantam, Midget)

Location: On the Minto Arena International sized ice surfaced

# Group A - Novice, Atom and Minor Pee wee  
# Group B - Major Pee wee, Minor Bantam  
# Group C - Major Bantam and Midget

# Camp Features 1.5 hours of ice per day  
# 3 goalies per net

Price: \$250

## **Summer Semi Private Sessions**

July 26-29

9:00am-10:00am (Atom, Pee wee)  
10:00am-11:00am (Bantam)  
11:00am-12:00pm (Midget)  
1:00pm-2:00pm (Atom, Pee wee)  
2:00pm-3:00pm (Bantam)  
3:00pm-4:00pm (Midget)

\$80 per session

August 16-20

9:00am-10:00am (Atom, Pee wee)  
10:00am-11:00am (Bantam)  
11:00am-12:00pm (Midget)  
1:00pm-2:00pm (Atom, Pee wee)  
2:00pm-3:00pm (Bantam)  
3:00pm-4:00pm (Midget)

\$80 per session



**ANDREW MERCER HOCKEY DEVELOPMENT**