

SEYMOUR/TRACH Conditioning Camp

SPEED, POWER & EFFICENCY

Skill development coach Dean Seymour, and Power skating coach Jordan Trach have put together a quality program to save you time and money and yet satisfy every need of your inspiring hockey player.

Develop that extra edge, proper skating technique EFFICIENTLY and get the most out of every stride in a FUN, SAFE environment! Besides improving the players, SEYMOUR/TRACH aim to help develop players into coachable, confident, young adults who learn there is much more to the game of hockey then scoring goals!

This one of a kind combo package will give you 35min of the best puck and skill development and 35 min of the best power skating instruction, all during one incredible session. Why go to the rink more than you have to, continue your hockey development with this amazing one of a kind offering.

Conditioning Camp Details:

Friday: 1 session/group

Saturday: 2 sessions/group

Sunday: 1 session/group

Each participant receives 35 min power skating and 35 min skill development per session. Each skating group receives 4 sessions over the course of the weekend.

Cost: \$190.00 Please make payable to the LCDB for November 1 2017

If interested -player details:

Name: _____

Age: _____

Parents #/email: #: _____

E: _____

If you would like more information on the company putting on the camp please visit:

www.seymourhockey.com & www.trachpowerskating.com

GOALTEC- Goaltending Clinic

Some of the fiercest competitors in all of sports are found on the ice. Every position in hockey requires toughness, determination, and a competitive spirit. But goaltenders are a different breed. Every second of every game, their focus is on protecting the goal and protecting the win. To be the best, goalies must devote hours to learning and perfecting techniques that will give their teams a competitive edge during a game. At Goal Tec, we offer goaltender training for all ages that will help you take your performance to the next level.

At Goal Tec, we only work with goalies. The specialized training you'll get here is guaranteed to make a difference in your game. Our Saskatoon and Regina locations are staffed with experienced trainers who have helped players at all levels become their best. Our goaltender training has produced top players at all levels of the game, including many who are currently playing in the NHL.

Details:

Sunday October 29th 2017 participants can expect 2 hours of on ice training.

Cost: \$135.00/skater to be made out to the LCDB by November 1st 2017.

Skaters name: _____

Skaters age: _____

Parents information:

Name: _____

Phone number: _____

Email: _____