



NHL Positional Camp

July 14th – 18th

Typical Day

Mite & Squirt:

On Ice 9:10 – 10:30

Off Ice 11:00–12:00

Lunch: 12:00 – 12:30

On Ice: 1:10 – 2:30

Video: 2:45 – 3:15

Dry Land: 3:15 – 4:00

Peewee & Bantam

Off Ice 9:10 – 10:10

On Ice 10:40 – 12:00

Lunch: 12:30 – 1:00

Video: 1:00 – 1:30

Dry Land: 1:30 – 2:15

On Ice: 2:40 – 4:00

Investment: \$375

Limited Availability 18 Forwards 12 Defense 6 Goalies

After camp reaches capacity there will be no exceptions

For more Information contact SIA hockey director Ryan Lessnau

Mite & Squirt: F _____ D _____ G _____

Peewee & Bantam: F _____ D _____ G _____

Player Name: _____ Parent(s) Name: _____

Email: _____ Birthday (dd/mm/yr): _____

Phone # :(Home) _____ (Cell) _____

Mailing Address: _____

Make checks payable to Southern Ice Arena Fax to Christy 615-771-2456