

## OBJECTIVES

- To teach all the factors of becoming an explosive skater
- Low student to instructor ratio to maximize correction of skating habits.
- To combine fun with sound fundamental skating technique

## Tentative Schedule

Group #	Ice	Off Ice	Ice
#1 Ages 7/8/9	8:00am 9:00am	9:15am 10:00am	10:30am 11:30am
#2 Ages 10/11/12	9:15am 10:15am	10:30am 11:15am	11:45am 12:45am
#3 Ages 13/14/15	1:00pm 2:00pm	2:15pm 3:00pm	3:30pm 4:30pm

### ULTIMATE STRIDE HOCKEY CAMP

#### Cooperators Centre (Regina)

July 11-15, 2011

Evraz Place

Yorkton

August 1-5, 2011

Farrell Agencies

Arena

#### Portage

August 15-19, 2011

PCU Center

Portage, MB

## OFF ICE SESSIONS

**ALL OFF ICE** sessions are geared towards Hockey specific training and include 1 hour per day (ages 9 and up).

- Plyometrics
- Quick Feet
- Explosive Power
- Transitions

### \* 7 and 8 Year Olds

- Games that include hand/eye co-ordination
- Soccer
- Relays
- Fun Games

## THE ULTIMATE STRIDE

### SASK CAMPS

The Ultimate Stride

c/o Bruce Thompson

43 Hastings Cres.

Regina, SK

S4T 7N5

### PORTAGE CAMP

The Ultimate Stride

c/o Darren Durdle

249 Caithness St.

Portage, MB

R1N 3S5

## HOCKEY'S EXPLOSIVE SKATING SCHOOL



FUN

STRIDE

POWER

LEG QUICKNESS

FOOT SPEED

AGILITY & BALANCE

SKATING TECHNIQUE

DRYLAND-QUICK FEET

DRYLAND - PLYOMETRICS

LEARNING & CORRECTION

## THE ULTIMATE STRIDE CAMPS

### MALES & FEMALES AGES 7-15

#### Cooperators Centre (Regina)

July 11-15, 2011

Evraz Place

Yorkton, SK

August 1-5, 2011

Farrell Agencies Arena

CAMP DIRECTOR

Bruce Thompson

306 • 949 • 0691

#### Portage

August 15-19, 2011

PCU Center

Portage, MB

CAMP DIRECTOR

Darren Durdle

204 • 857 • 3832

Email Sask: [ultimatestride@sasktel.net](mailto:ultimatestride@sasktel.net)

Email Portage: [ultimatestride@shaw.ca](mailto:ultimatestride@shaw.ca)

Email Sask: [ultimatestride@sasktel.net](mailto:ultimatestride@sasktel.net)

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Email Portage: [ultimatestride@shaw.ca](mailto:ultimatestride@shaw.ca)

# REGISTRATION FORM

Player Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Pick a Camp:  Yorkton  Regina  Portage

Phone: Home: \_\_\_\_\_

Work: \_\_\_\_\_

Parents/Guardian Name: \_\_\_\_\_

Medical #: \_\_\_\_\_

Send completed application and cheque payable to:

## THE ULTIMATE STRIDE

Sask Camp  
c/o Bruce Thompson  
43 Hastings Cres.  
Regina, SK S4T 7N5

Portage Camp  
c/o Darren Durdle  
249 Caithness St.  
Portage, MB R1N 3S5

**COST:** Before March 31, 2011 - \$300.00  
After April 1, 2011 - \$325.00

## PLAYER PROFILE:

Team: \_\_\_\_\_

Position: \_\_\_\_\_

Birthday: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month / Day / Year Age

Male  Female

### Jersey Sizes:

Youth: Medium \_\_\_\_\_

Large \_\_\_\_\_

X-Large \_\_\_\_\_

Adult: Small \_\_\_\_\_

Large \_\_\_\_\_

X-Large \_\_\_\_\_

## ABOUT THE CAMP

Hockey is a game of **EXPLOSIVE, QUICK MOVEMENTS** the key **FACTORS** needed for **EXPLOSIVE SKATING** are:

1. BALANCE
2. TRUNK STABILITY
3. LEG QUICKNESS
4. LEG STRENGTH
5. DEEP KNEE BEND

Our Camp is designed to improve skaters in **ALL** these areas

Each group will be limited to 30 skaters with 4 instructors to assist in the **Correction and Development** of the skater.

## ON ICE PROGRAM

On Ice Program includes 2, 1 hour sessions per day directed at improving skating **Technique** and **Leg Quickness**. The players will change their skating technique through on ice demonstrations and repetition of specific skating movements which develop **balance, speed, agility** and **quickness**.



## Camp Director Darren Durdle

- Bachelor of Education
- Brandon U Bobcat Hockey Program
- 12 years playing Pro in Europe
- Coach 10 years in Portage Minor Hockey
- 7 years Coaching Hockey Development program through PMHA

## Camp Director Bruce Thompson

- Bachelor of Education
- Coach U of R Cougars for 5 years
- Coach Nipawin Hawks for 7 years
- Coach Weyburn Redwings for 4 years
- Played for Brandon University, Brandon Wheat Kings, Melville Millionaires and Sask Minor Hockey

## Camp Instructor Graham Hayes

- Bachelor of Education

## Bruce McCallum

- Bachelor of Education

## CAMP DATES:

- COOPERATORS CENTRE (REGINA) JULY 11-15, 2011
- YORKTON AUGUST 1-5, 2011
- PORTAGE AUGUST 15-19, 2011