



2022/2023 ADDITIONAL PROGRAMS

(These programs are completely optional)

General

Once again this season SJMHA will be offering additional hockey programs for those players interested in participating and improving their hockey skills. Technical Director Wally Bray will be providing the additional hockey programs, and he will be supported by players from the St. John's Senior Capitals and other knowledgeable hockey people.

Interested players are to select the programs they wish to enroll in when they complete their online registration for the 2022/2023 season. There is limited space available and players will be accepted in the order in which they register. ***Programs at the different age groups will only be offered if there is sufficient interest.***

Pre-Season Camps

Pre-season camps are being offered to both house league and U11A/U11B all-star players. The purpose of the all-star preseason camp is to prepare Caps players for the tryouts to select our all-star teams. The purpose of the house league camps are to prepare Caps players for the upcoming hockey season.

All-Star Preseason Camp

- For Caps players trying out for our Under 11A/11B all-star teams
- The camp includes 5 on-ice sessions (1-hour each)
- Dates for the U11A/U11B camp is Sept 17-Sept 22

Pre-Season House League Camp

- For Caps house league players in divisions from Under 9 to Under 13, subject to player interest
- The camp includes 5 on-ice session (1-hour each)
- Camp will take place from Oct 8-Oct 16

Weekly Power Skating

SJMHA will offer power skating for house league players and advanced power skating for all-star players. Sessions will only be offered if there is sufficient player interest.

Power Skating (House League Under 9, Under 11, Under 13 and Under 15)

- Scheduled for weekday evenings
- 15 sessions (1-hour each)
- The cost of the program is \$300 per player

Advanced Power Skating (Under 11, Under 13 and Under 15 All-Star)

- Scheduled on the weekends
- 15 sessions (1-hour each)
- The cost of the program is \$300 per player

Weekly Goalie Session

SJMHA will offer goalie sessions for house league and all-star goalies.

- Scheduled on the weekends
- 15 sessions (1-hour each)
- The cost of the program is \$400 per player

When dates and times for the additional programs are finalized, refunds will be provided to those players who are unable to commit to the final schedule.