

My name is Brianne Jenner, I'm a member of the Canadian National Women's Hockey Team. I'm also a board member and active player in the Professional Women's Hockey Player's Association. (I also remember some great times in Grande Prairie with our National Team!). During these times it's challenging for young hockey players to find a good routine and to challenge themselves in a focussed manner. Normally at this time I run a Hockey Academy in Toronto, Ontario but in light of current circumstances I am taking my sessions virtual.

The will be offered the week of June 22-26 and the week of July 20-24. I have attached information that provides further details as well as a registration form if players are interested.

**I would be very appreciative if you could distribute this information to your players and/or could post the information to your website and social media channels.**

**(Please feel free to forward this email).** I've got a great week of instruction planned that is age appropriate. This includes off-ice exercises including elements of 'Hockey yoga', stickhandling sessions and skating mechanics work, and I will also be bringing in guest speakers including the entire leadership team of Team Canada, a National team nutritional expert, and others with experience at the international level to share their knowledge and stories with campers. I'm confident that it will be fun, engaging and full of great content for young players. And, the information will be useful to all players whether at the recreational or elite level. A more complete description of this program is seen further below. It would be amazing to have some of your players join us!

Interested players can simply fill out the registration form attached here.

Thank you,

Brianne Jenner  
Canadian Olympic/National Hockey Team

*The first portion of the session will be a workout (45 min.). These sessions will be led by myself as well as National Strength and Conditioning Coach, Adrian Wellman. **It will be challenging but age appropriate, he has extensive work with teaching young athletes the fundamentals.** He will also provide overarching programming and guidance for training throughout the week. We will do a combination of some aerobic/anaerobic conditioning, strength work with a focus on single-leg stability, skating mechanics and skating simulations and we will also mix in some hockey specific yoga practice.*

*The next portion of the session, following a quick break for snack/water/bathroom will be dedicated to skill development, largely focusing on stickhandling work as well as cognitive and skill-based coordination drills. The last portion of the session (30min.) will be our time for discussion, presentations (hockey chalk talk), or for our guest speaker. I am excited to have some great guest speakers lined up for the week. Players will have the opportunity to ask questions and interact with guest speakers as well.*

*I'm so excited about the content and plans for the week. I know your players will get a lot out of it!*

# ***CAPTAIN'S CHAT***

***PLAYERS WILL HAVE THE CHANCE TO HEAR  
FROM CANADA'S WOMEN'S HOCKEY LEADERS!***

***FEATURING :***

***#29 MARIE-PHILIP POULIN***

***#3 JOCELYNE LAROCQUE***

***#40 BLAYRE TURNBULL***

***#19 BRIANNE JENNER***



***CLAIM YOUR SPOT IN  
THE VIRTUAL ACADEMY JUNE 22-26!***

# VIRTUAL CAMPS!



**JUNE 22-26**  
**JULY 20-24**

Skill Development Camp  
Ages 6-10 (10:00am-12:00pm EST)

Performance Training Camp  
Ages 11-15 (2:00pm-4:00pm EST)

**\$139.00/week + HST**

- Off-ice Training Sessions
- Hockey Specific Skillwork
- Hockey IQ Workshops (video and technical analysis)
- Expert Guest Speakers (with experience at International level)
- FUN age appropriate activities and challenges!

\*Minimal equipment required for all activities

To register email  
[info@jennerhockey.com](mailto:info@jennerhockey.com)