

Philosophy: At the GVMHA Hockey School, your son or daughter will be encouraged to work to their upper limits. Our intent is to ensure development and improvement on a daily basis. With our qualified and experienced instruction, every participant will enjoy the process of development by learning how to execute individual skills and specific tactical concepts. Our comprehensive on-ice curriculum is complemented with age specific off-ice training and classroom instruction that will make each participants time at our school challenging and fun. Come and enjoy a great, affordable Okanagan Valley school that seeks to respond to the demands of all players.

Hockey School Curriculum for the week will include:

- Fundamental Development
- Skill Development
- Power Skating
- Puck Control, Passing, Shooting
- Team Tactics
- Off-Ice Development
- Floor Ball
- Swimming (dependent on rec schedule)
- Yoga

Boston Pizza Meal Plan

Kid's Meals - \$35

Monday - ½ Brute Sandwich w/ fries

Tuesday - ½ Spaghetti w/ meat sauce, 1 meatball & caesar salad

Wednesday - Full Hawaiian Calzone w/ tossed salad

Thursday - ½ Penne w/ meat sauce, baked w/ cheese & garlic toast

Friday - Individual Pepperoni Pizza w/ fries

Cheque payable to:

Greater Vernon Minor Hockey Association
P.O. Box 1894 Vernon, BC V1T 8Z7

Drop Cheque Off:

GVMHA Office
Kal Tire Place North Arena
2nd Floor, 3445 – 43rd Avenue
Vernon, BC V1T 8P5

VISA/MasterCard/Debit/Cash accepted

Fax: 250-542-0784

Refunds: Refunds will be honored until 30 days prior to the start of the camp. Any refunds made after that date will be for medical reasons only.

For information call 250-542-0754 or visit
www.vernonminorhockey.com
Email: gvmha@shaw.ca

