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 / 5 Day Camps

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

Tentative Schedule / 3 Day Camps

Group 1	8:00am - 9:00am 10:30am - 11:30am
Group 2	9:15am - 10:15am 11:45am - 12:45am

No Dry Land

email: ultimatestride@sasktel.net
cell number: 306.536.2906

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 SASKATCHEWAN

THE ULTIMATE STRIDE
8074 KNOX PLACE
REGINA, SK S4Y 1G5

etransfer: ultimatestride@sasktel.net
cell number: 306.536.2906

email: ultimatestride@sasktel.net
cell number: 306.536.2906

HOCKEY'S EXPLOSIVE SKATING SCHOOL

THE ULTIMATE STRIDE
SASKATCHEWAN

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, 2022
Evraz Place

Yorkton, SK
August 1 - 5, 2022
Farrell Agencies Arena

Regina Mini Camp
August 26 - 28, 2022
Cooperators Centre
No Dryland

CAMP INSTRUCTOR
Bruce Thompson
306.536.2906

email: ultimatestride@sasktel.net
cell number: 306.536.2906

REGISTRATION FORM

Player Name: _____

Address: _____

Postal Code: _____ Email: _____

Pick a Camp: ☐ Yorkton ☐ Regina ☐ Regina Mini Camp

Phone: Home: _____

Parents/Guardian Name: _____

Medical #: _____

Email completed applicaton and etransfer the fee to:
ultimatestride@sasktel.net

OR, Send completed application and cheque payable to:

THE ULTIMATE STRIDE
8074 Knox Place, Regina, SK S4Y 1G5

COST: **5 Day Camp: Before March 31, 2022 - $350.00**
After March 31, 2022 - $375.00
3 Day Camp: $240.00

PLAYER PROFILE:

Team: _____

Position: _____

Birthday: _____
Month / Day / Year Age

Male ☐ Female ☐

Jersey Sizes: *(No Jersey for Mini Camp)*

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 Instructor

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
- 15 years Minor Hockey Coach
- Northern Ontario Hockey Hall of Fame
- S.J.H.L. Hockey Hall of Fame

Camp Motto

It's not about being the best, it's about trying your best

CAMP DATES:

- COOPERATORS CENTRE (REGINA) JULY 11 - 15, 2022
- YORKTON AUGUST 1 - 5, 2022
- REGINA MINI CAMP AUGUST 26 - 28, 2022