



ProvenPerformanceHockey.com

HOLIDAY HOCKEY CAMPS

Proven Performance Hockey would like to invite all hockey players to our Holiday Hockey Skills Day Camps. The camps will include the following:

WEEK ONE

Advanced Puckhandling
Skating & Agility Camp

DEC 21-23

LaSalle Vollmer Centre
2121 Laurier Pkwy LaSalle, ON

GROUP 1

Ages: 7-10 Years Old
Time: 8am - 2pm

GROUP 2

Ages: 11-14 Years Old
Time: 9am - 2pm

Camps Include:

- 3 Hours Ice per Day
- Customized Goal Scoring
- Inside/Outside Edges & Backwards
- Small Area Games
- Wave Pool
- Pizza Lunch - Wednesday Only

Cost: \$210 +GST

WEEK TWO

Backwards Skating
Shooting & Scoring Camp

DEC 28-30

Windsor Ice Park
3400 Grand Marais Rd, E Windsor, ON

GROUP 1

Ages: 7-10 Years Old
Time: 9am - 11am

GROUP 2

Ages: 11-14 Years Old
Time: 11am - 1pm

Camps Include:

- Backwards Skating
- Scoring Tactics
- Customized Moves
- Scrimmage

Cost: \$135 +GST



To Register:

Contact: jimmy@provenperformancehockey.com or phone 519-999-7718
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