



2009 Daily Schedule for Sharks Skills Development Camps & Extended Development Clinics

Week 1 & 2 Skills Development Camps June 15-19, 22-26, 2009

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| <p style="text-align: center;">6-8 Year Olds</p> <p>12:40-1:35pm – Power Skating 1:50-2:40pm – Lunch 2:50-3:50 – Dryland Training 4:20-5:10pm – Skate/Puckhandling/Pass 5:25-6:25 – Scrimmage</p> | <p style="text-align: center;">9-10 Year Olds</p> <p>9:10-10:05am – Power Skating 10:20-11:20pm – Video Instruction 11:30-12:25pm – Skate/Puckhandling/Pass 12:40-1:30pm – Lunch 1:40-2:20pm – Dryland Training 3:05-4:05pm – Scrimmage</p> | <p style="text-align: center;">11-13 Year Olds</p> <p>8:00-8:55am – Power Skating 9:10-10:10am – Video Instruction 10:20-11:15am – Skate/Puckhandling/Pass 11:30-12:20pm – Lunch 12:30-1:10 – Dryland Training 1:50-2:50pm – Scrimmage</p> |
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All age groups are supervised by counselors at all times. Counselors will assist with gear and skates as well as keeping the group on-time for the daily activities. The schedule is designed to keep the kids moving, with not much “down” time, but there will be chances throughout the day for water breaks and snacks, etc. The camp has an athletic trainer on staff to handle minor injuries.

Week 3 Extended Development Clinics June 29-August 3, 2009

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| <p style="text-align: center;">Goalie Clinic – Mite/Squirt/Peewee</p> <p>8:00-9:30am – On Ice Instruction 9:45-11:00am - Dryland</p> | <p style="text-align: center;">Goalie Clinic – Bantam/Midget/Adult</p> <p>12:45-2:15pm – On Ice Instruction 2:30-3:45pm - Dryland</p> |
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| Checking Clinic 9:45-11:00am | Power Skating Clinic 11:15-12:30pm | Playing Without The Puck Clinic 2:30-3:45pm | Scrimmage/Small Games Clinic 4:00-5:15pm |
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Skaters taking all 4 of the Extended Development Clinics will have a lunch break from 12:30-1:30pm and dryland training from 1:30-2:30pm. Counselors will oversee skaters taking more than one clinic and supervise skaters staying for the entire day.