

# **GDI- Prairies Spring Break Camp**

**Winnipeg, MB (The Rink) March 30-April 1,2010**

## **AGES:**

**Group 1:** 9 to 10

**Group 2:** 11-12

**Group 3:** 13-up

**COACH/ATHLETE RATIO:** 1 : 3

**MAXIMUM STUDENTS PER GROUP:** 3

## **DAILY STRUCTURE:**

The daily structure to GDI Spring Break Camp includes the following highlights:

- . Three Days in length
- . Half day Program
- . 30 min position specific movement circuit daily
- . 1 hour technical skill session daily
- . 1 hour goaltender specific dryland session daily
- . 1 hour of flexibility and hand eye training daily
- . Daily Video/Lecture on goaltender Specific topics

**COST: \$299+GST**

**DAILY HOURS: 8:15am-2:15pm**