

SUMMER 2024

U13 FEMALE 4 WEEK CAMP

Program details:

- 4 week program
- 2x/week (Tuesdays and Thursdays)
- 8 ice sessions and 8 dryland sessions, each 1 hour in duration
- Maximum 22 players
- Head instructor: Jenelle Kohanchuk

On-ice focus:

This is a competitive and elite 4 week program, designed for players who are wanting to take their game to the next level. This program will include various skills utilized in the modern game, referring to game video from both the PWHL and NHL. Players will be challenged in various skills, including, but not limited to: skating skills – edgework, agility, speed and power, shooting skills – shooting to score, deception, different types of shots and when to use them, passing, battles, high intensity drills, etc.

Schedule:

July 30 Tues, 910-1125am

Aug 1 Thurs, 910-1125am

Aug 6 Tues, 910-1125am

Aug 8 Thurs, 910-1125am

Aug 13 Tues, 910-1125am

Aug 15 Thurs, 910-1125am

Aug 20 Tues, 910-1125am

Aug 22 Thurs, 910-1125am

*For all dates:

Ice: 910-1010am, Dryland 1025-1125am

Location:

Jonathan Toews Sportsplex (Dakota Arena)
1188 Dakota St, Winnipeg MB

Cost:

\$375.00. Price includes GST.

*JK Hockey jersey included

How to register:

Email Jenelle at jkhockeywpg@gmail.com

Please include:

- Subject line: U13 Female 4 week camp
- Athlete name, DOB, 2023/24 winter team, position, adult jersey size (S, M, L, XL)

Once registration email is sent, FULL payment is to be e-transferred to jkhockeywpg@gmail.com

Spot is not guaranteed until full payment is received

You will receive a confirmation email along with a medical info form once registration email is received.

Please note there will be no refunds past June 1st, unless injury or illness prevents a player from participating; a note from a Physician may be requested.

****No discounts or credits****