

SUMMER 2024

FEMALE – AAA/PREP/U15 DEFENCE SKILLS

Program details:

- 1x/week (Wednesdays)
- 4 ice sessions
- 1 hour ice sessions
- Maximum 12 players, 4:1 player to coach ratio
- 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. All ice sessions are focused on defence specific skills including breakout options, net front play, defence position during 1 on 1's, 2 on 1's and 3 on 2's, gap control, body position, neutral zone play, as well as offensive zone play including shooting, passing, and scoring options.

On-ice Schedule:

Weds July 10, 910-1010am

Weds July 17, 910-1010am

Weds July 24, 910-1010am

Weds July 31, 910-1010am

Location:

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

Cost:

\$200.00. Price includes GST.

*JK Hockey jersey, forward skills package, individualized player evaluations, and a complimentary track/dryland session is included in the cost

Complimentary Track Session:

Location/Date/Time TBD

How to register:

Email Jenelle at jkhockeywpg@gmail.com

Please include:

- Subject line: AAA/Prep/U15 Defence Skills
- 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****