

# SUMMER 2024

## U15 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, 850-1120am

Aug 1 Thurs, 850-1120am

Aug 6 Tues, 850-1120am

Aug 8 Thurs, 850-1120am

Aug 13 Tues, 850-1120am

Aug 15 Thurs, 850-1120am

Aug 20 Tues, 850-1120am

Aug 22 Thurs, 850-1120am

\*For all dates:

Dryland 850-950am:, Ice 1020-1120am

### 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](mailto:jkhockeywpg@gmail.com)

Please include:

- Subject line: U15 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](mailto: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 1<sup>st</sup>, unless injury or illness prevents a player from participating; a note from a Physician may be requested.

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