

SUMMER CAMPS 2009

MITE MINI CAMP JULY 13-17

ABOUT THE PROGRAM

This Summer the Ice Training Center is giving the Mite level players (ages 5-8) the chance to spend their summer like the big guys!

The Mite Mini Camp is a half-day camp designed for players looking to increase their confidence on the ice. The "Mini Camp" is designed to help players develop individual skills through fun-filled drills and activities.

This one week program will include:

- Quality coaching staff led by Kevin Smith
- 5 hours of On Ice Instruction
- Off Ice Activities
- Healthy Snacks
- ITC Jersey

In order to provide the best possible instruction, registration for this camp will be limited.

Full equipment is required for all on ice session.

For More Information Or To Register Please Contact:

Kevin Smith (972)680-7825

ksmith@icetrainingcenter.com



I C E



Training Center
richardson

CAMP SCHEDULE

Camp will run July 13th thru July 17th, 2009. The Mini-Camp will run 8:00 am till 12:00pm daily. Here is a breakdown of the daily schedule.

8:00am

Player drop off at the rink

8:15am-8:55am

Get players to locker rooms, help with getting them dressed and prepared to go on the ice

9:00am-10:00am

Players take the ice, all players should be dressed and ready to get on the ice at 9am

10:05am-10:35am

Help players get out of their gear and prepared for off ice

10:40am-11:40am

Off Ice activities outside (soccer, football, agility drills, relays)

11:45am-12:00pm

Rest inside and have snacks and drinks. Wait for parents to pick up players