



YOUTH TRAINING CAMPS

Mon-Weds 1:30-6:30

4 Weeks 7/13,7/20,7/27,8/3

\$185 per week

Calling ALL Youth Hockey Players Age 8-14!! Each Camp day will include 2-3 hours of training in the Hockey X-Training facility and 1-2 hours on the ice. The Camp will include Power Skating, Shooting, Passing, Stick Handling, Agility and Core Training, video review and battle games!! Please pack a snack and change of clothes in addition to full hockey gear. Each day starts in the gym and ends in the rink. Register @ www.californiacougars.org