


SHOOT FOR EXCELLENCE HOCKEY PROGRAM

With Camps and Schools throughout NL, Labrador, and Quebec.
Over 15 Years in the Hockey School business with
some of the best instructors in NL & Labrador!

- Shooting Camps - Puck Control Camps - Passing Camp
- Power Skating - Body Contact Clinics - Specialty Clinics
- Fall Warm up Camps - Summer Hockey Schools

We are also available to come to your association to run camps.



GIVE US A SHOT!!

Go to www.sfehockey.ca to view our 2010 schedule. Contact us at: (709)634-4983 or (709)640-PUCK (7825)

The **Shoot For Excellence Hockey Program** is pleased to announce we will be visiting the Bruce II Arena in Port Aux Basques this coming fall. On the weekend of **October 15th/2010**, we will be in town to run three different hockey camps, **Power Skating, Shooting, and a Novice Warm Up Camp**. Information and price on these camps can be seen below. To register, you can call 634-4983 or visit our website at www.sfehockey.ca. This is a great chance to get ready for the season while also learning some new and very important skills needed to play the game.

Power Skating- This course runs for 9 hours on ice and concentrates on all aspects of skating. Players will work with highly qualified coaches on forward and backward skating using techniques designed to increase power, speed, and agility. Open to players 8 years of age and up. Cost of this camp is \$145.00, taxes included.

Shooting Camp – This is a five hour on ice course which teaches all aspects of shooting from a backhand, to wrist shot, to snap shot, and slapper! We also spend a lot of time teaching helpful goal scoring techniques such as deflections, screening, rebounds, driving to the net, one timers, plus much more!! This is a definite player favourite, with a weekend of shooting hundreds of shots. Open to players from Atom –Bantam. Cost is \$100.00 plus tax. (\$113.00). Goalies cost \$60.00 (taxes included).

Novice Warm Up Camp – This Camp is open to players in Novice 1 or Novice Two but they must be at least **six years of age and have at least one year of minor hockey played**. In this camp players will work on Skating, Puck Control, Shooting, and Passing. This is a three hour clinic and cost is \$60.00 plus tax.

If you are signing up for more than one camp or have more than one child going to camps, take off 10% of total cost of camps you wish to take part in.

In order to secure your place in Camp, you must send a %25 deposit to:

Shoot For Excellence, 11 Battens Rd, Corner Brook, NL, A2H 2H6