

## ***TJ POWER FIT***

***(August 13- 17, 2018)***

### **Novice- Midget/Junior Sessions**

#### **Power Skating/Power Edge**

**Power skating** is designed to enhance skating power, speed and agility while performing skills used in the game of hockey. Sessions will focus on skating skills/technique, foot speed, edge control and conditioning. Skills will be geared to skater/group skill level.

45 min session daily

#### **Puck work**

This session will focus on proper skating technique and stick handling while performing drills.

**Shooting Technique** will also be included during this daily 30 minute ice session. **Three on Three** will take place during this ice session on Friday.

**Dryland** will be included with emphasis on strength, flexibility, power and agility. Dryland sessions will run 45mins- 1hour daily. Additional discussion session daily for Nutrition, Video, etc. (Monday- Thursday).

**Goaltenders** are encouraged to participate in school to enhance their skating skills.

**Video Analysis**- skating technique

#### **Groups**

\*Boys and Girl combined

Groups will be divided according to skill level and hockey level which may also include assessment during the first ice session.

**React Vision Training** with Jana Coward will be available during the week. Jana will hold a trial session for all participants. Additional sessions booked by appointment 306-774-3225.

#### **Sessions**

**Ice Sessions** and **Dryland** will take place at the Iplex. Notification/ confirmation will be sent mid July via email to include your schedule, group and any additional information. **If you do not receive an email by July 15th, please contact Trisha Feil-Johnson**

#### **Camp Fees**

**(All fees include GST and Insurance)**

**\$330.00- Novice- Midget/Junior Camp**

**\$360.00- if received after June 1, 2018**

***\*No Refunds on registration after June 1, 2018  
REFUNDS subject to an administration fee up to ½  
the amount of registration.***

***\*\$25.00 administration fee on NSF cheques***

#### **Payment Options**

**#1- \$330.00 Full Payment dated June 1, 2018**

**#2- \$165.00 dated May 1, 2018**

**\$165.00 dated June 1, 2018**

#### **Registration/Waiver Forms (2 separate sheets)**

Please fill out registration/waiver form correctly for each participant to include all contact information. Please provide email **clearly** on registration form.

Registration will be processed after completed registration/waiver form with payment is received. Spots will not be held! Please send in your completed registration to the address provided.

**Low Coach to Skater Ratio**

**Limited Spots Available per session**

**EARLY REGISTRATION DEADLINE**

**June 1, 2018**

**Forward Zack Smith with the  
Ottawa Senators will be our  
special guest this week!**

**Additional Coaching Staff  
available on the website**



**Have the Need for Speed?  
Register early!  
Max 16 skaters/group  
Limited number of groups available**

**Contact  
TJ Power Fit  
Trisha Feil- Johnson  
tjpowerfit@sasktel.net  
306-773-4477  
www.tjpowerfit.com**

**TJ POWER FIT**

**Presents**

**Power Skating  
&  
Hockey Skills  
Summer Camp  
August 13-17, 2018  
Swift Current, Sk.  
Owner/Head Instructor  
TRISHA FEIL-JOHNSON**

\*Skating Instructor to Hockey Players  
and Figure Skaters -21 years.

\* Skating Instructor to current NHL  
Players

\*Power Skating Instructor to all levels of  
Hockey Players Initiation- Pro level

\*Power Skating Instructor Bronco Hockey  
School-15 years

\*Fitness Certified- TRX® Suspension  
Trainer, TRX® Rip Trainer, Beachbody-  
PiYo® LIVE, INSANITY® LIVE, Turbo Kick  
® LIVE, P90X®LIVE

\*Certified Canadian Red First Aid

\* Swift Current Youth Safe Place Certified