

TJ POWER FIT ***(August 12-16, 2019)***

Novice- Midget & Junior Sessions

Power Skating

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

Goalies are encouraged to participate in camp to enhance their skating skills.

45 min session daily

Skills will focus on stick handling, and multi-task skills while performing drills.

Three on Three will take place during this ice session on Friday.

30 min session daily

Strides (New Session) Atom- Midget & Junior

Sessions will focus on forward and backward stride technique and maximizing power and speed

*10 participants max/group

30 min session Monday- Thursday

Dryland -emphasis on strength, flexibility, power, agility and conditioning

45min- 1hour sessions Monday-Thursday

Class Time- goal setting, nutrition, video analysis, React Vision Training, etc.

30 min session Monday- Thursday

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 Fairview Arena. Notification/ confirmation will be sent beginning of 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**

Fees- All fees include GST & Insurance Fee

\$345.00- Novice- Midget & Junior Camp

\$375.00- if received after June 1, 2019

Strides (New Session for 2019)

\$100.00- Atom- Midget & Junior Groups

\$130.00- if received after June 1, 2019

\$150.00- if not registered in Summer Camp

Payment Options

#1- Full Payment dated June 1, 2019

**#2- 2 equal payments dated May 1, 2019
June 1, 2019**

****No Refunds on registration after June 1, 2019.
Cancellations prior to June 1st, subject to ½ the registration fee.***

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

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**

**Additional Coaching Staff
available on the website**



**Have the Need for Speed?
Register early!
Limited number of groups available**

**EARLY REGISTRATION DEADLINE
June 1, 2019**

**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 12-16, 2019
Swift Current, Sk.
Owner/Head Instructor
TRISHA FEIL-JOHNSON**

*Skating Instructor to Hockey Players and Figure Skaters -22 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-16 years

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

*Certified Canadian Red Cross First Aid
* Swift Current Youth Safe Place Certified