

**July 25th to 29th**

**GROUP A: *ADVANCED level***

**GROUP B: *RECREATIONAL level***

\* All players need to be able to skate forwards and backwards to attend camp!

\* To ensure players are grouped appropriately, changes may be made at instructors discretion.

### **Tentative Schedules**

Final schedules confirmed by e-mail closer to camp dates!

(Schedules include 10 min. flood times)

#### **Group A:**

#### **Group B:**

9:00 - 10:20 am on-ice

9:10 - 10:10am off-ice

10:40 - 11:40am off-ice

10:30 - 11:50am on-ice

11:40 - 12:40 lunch

12:00 - 1:00pm lunch

1:00 - 2:20pm on-ice

1:00 - 2:00pm off-ice

2:30 - 3:30pm off-ice

2:30 - 3:50pm on-ice



## **HEAD INSTRUCTOR**



- "High Performance 1" Certification
- NCCP: Multi-Sport Competition Intro Part A&B

### **My CAMP OBJECTIVES**

"My camp offers a wide variety of fun and competitive based activities. The focus is on creating a safe but challenging learning environment for all participants. This camp will prepare you for the upcoming season, by experiencing first hand, the HIGHEST level of female instruction offered

You will leave with the tools and confidence that (if practiced) will enhance your skill level for years to come."

*Vicky Sunohara #61*

### **CAMP FEE INCLUDES**

- Camp Photo & Team Jersey
- 3 hrs. On-Ice, 2 hrs. Off-Ice
- Top Level On-Ice Instruction
- Off-Ice Motivational Talks by some of the best female players in the World!

## **LADIES ONLY**



*Vicky Sunohara's*  
**SUMMER HOCKEY CAMP**  
**2011**



3 hours on-ice, 1 hour chalk talk,  
1 hour dryland training  
- EACH DAY -

### **REGISTER EARLY**

*Don't miss the opportunity to elevate your game!*

☆ **VAUGHAN SPORTS VILLAGE** ☆

**Vaughan, Ontario**

**July 25 - 29, 2011**

# ACTIVITIES

**ON & OFF-ICE CONDITIONING**  
*Be a step ahead of everyone else!*

## ON-ICE

- ★ **Powerskating**
  - Edge work
  - Quick feet
  - Stops and starts
- ★ **Stick Skills**
  - Quick hands
  - Deception
  - Deking
  - Passing, receiving
  - Faceoff techniques
- ★ **Shooting**
  - All types of shots

## OFF-ICE

- ★ **Dryland Training**
  - Speed circuits
  - Plyometrics
  - Flexibility
  - Core strength
- ★ **Team Sports**
  - Soccer - World Cup
  - Ball Hockey
  - Team building activities
- ★ **Motivational Seminars**
  - Taking your game to the next level!

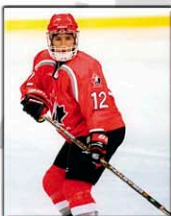
# INSTRUCTORS



**VICKY SUNOHARA**  
 Team Canada, Brampton CWHL  
 Olympic Gold - 2002, 2006  
 Olympic Silver - 1998  
 7 World Championships  
 University of Toronto  
 The Hill Academy - *Coach/Director*



**JAYNA HEFFORD**  
 Team Canada, Brampton CWHL  
 Olympic Gold - 2002, 2006, 2010  
 Olympic Silver - 1998  
 9 World Championships  
 University of Toronto



**LORI DUPUIS**  
 Team Canada, Brampton CWHL  
 Olympic Gold - 2002  
 Olympic Silver - 1998  
 3 World Championships  
 University of Toronto



**KATHLEEN KAUTH**  
 Team USA  
 Olympic Bronze - 2006  
 2 World Championships  
 Brown University



**ALLYSON FOX**  
 Brampton CWHL  
 York University



**KATE GERMAIN**  
 University of Guelph  
 - *Goalie Coach*  
 The Hill Academy  
 - *Director, Goalie Coach*  
 Brown University

**LIMITED SPACE AVAILABLE!**

**Avoid the waiting list - register now!**

**CONTACT VICKY**  
**vicz61@hotmail.com**

\*\*\*\*\*Please Print Carefully\*\*\*\*\*

<b>Players Name:</b>	
<b>Address:</b>	
<b>City:</b>	<b>Postal Code:</b>
<b>E-mail:</b>	
<b>Home Phone:</b>	
<b>Alt Phone:</b>	
<b>Emergency Contact:</b>	
<b>Date of Birth:</b>	
<b>Health Card #:</b>	
<b>Position:</b>	
<b>CAMP SELECTION</b> - please choose carefully	
<input type="checkbox"/>	GROUP A: Advanced ..... \$420.00
<input type="checkbox"/>	GROUP B: Recreational ..... \$420.00
<b>Current playing level?</b>	
<b>Sweater Size:</b> AS AM AL AXL AXXL	
<b>Current Team Name:</b>	
<b>Current Organization:</b>	
<b>Any Allergies? if yes - what type?</b>	
<b>Other Medical Concerns:</b>	
<p>Please make cheques payable to:  <b>Vicky Sunohara's Summer Hockey Camp</b></p> <p><b>Cheque #1 - Deposit*</b> - \$150.00  <b>Cheque #2 - Balance</b> - \$270.00  <i>(balance cheque post-dated for July 7th, 2011)</i></p> <p><i>Send both chq's and completed registration form together in same envelope to:</i></p> <p>Vicky Sunohara's Summer Hockey Camp          6 Araman Drive          Scarborough ON M1T 2P6</p> <p><small>*note - \$150.00 deposit is non-refundable unless a medical note is provided</small></p>	