

SKATE & SCORE

- \$150.00 (4 days) **(NEW)**

AUG 2-3-4-5
 9:00-10:30 AGES 5-7 (BEGINNER/INT)
 9:45-11:15 AGES 8-10 (BEGINNER/INT)
 10:30-12:00 AGES 11-14 (BEGINNER/INT)

ALL DAY CAMPS-

COST: \$380.00 plus taxes
 Includes:
 Excellent Ice Jersey
 3 hrs. of ice per day
 75 minutes of POWER SKATING
 90 minutes of PUCK CONTROL/SHOOTING
 and GAME SITUATIONS
 YMCA -Swimming/Ball Hockey/Scrimmage
 Player Evaluations/Skills Competition/Awards/Pizza Party
 Bus Service

ELITE HOCKEY WEEKS

*Intermediate/Advanced

JULY 25 -29th 9:00 – 2:00pm Elite 01-02
 Birth Year Camp (Atom)

JULY 25 -29th 9:00 – 2:00pm Elite 99-00
 Birth Year Camp (Pee Wee)

AUGUST 8-12th 9:00 – 2:00pm Elite 01-02
 Birth Year Camp (Atom)

AUGUST 8-12th 9:00 – 2:00pm Elite 99-00
 Birth Year Camp (Pee Wee)

HOCKEY WEEKS

Beginner/Intermediate

AUGUST 15-19th 9:00 – 2:00pm Ages 6-10
 9:00 – 2:00pm Ages 11-14

AUGUST 22-26th 9:00 – 2:00pm Ages 6-10
 9:00 – 2:00pm Ages 11-14

AUGUST 29-Sept 2nd 9:00 – 2:00pm Ages 6-10
 9:00 – 2:00pm Ages 11-14

GOALIE CAMP

*Beginner/Intermediate

AUGUST 8-12th 9:00 – 2:00pm Ages 6-10
 9:00 – 2:00pm Ages 11-14

ALL DAY SUMMER CAMPS

6-10 yrs old

8:30-9:00AM	Change Room
9:00-10:15AM	POWER SKATING
10:15-10:30AM	Snack Time
10:30-11:30AM	PUCK CONTROL/SHOOTING - Stationary
11:30-12:00PM	Classroom/Lunch
12:00-12:15PM	Change Room
12:15-1:45PM	PUCK CONTROL/SHOOTING/GAME SITUATIONS
1:45-2:00PM	Change Room
2:00-2:30PM	Pick Up



11-14 yrs old

8:30-9:00AM	Change Room
9:00-10:00AM	PUCK CONTROL/SHOOTING CLINIC
10:00-10:15AM	Change Room
10:15-11:45AM	POWER SKATING/PUCK CONTROL
11:45-12:15PM	Classroom/Lunch
12:15-12:30PM	Change Room
12:30-1:45PM	SHOOTING/GAME SITUATIONS
1:45-2:00PM	Change Room
2:00-2:30PM	Pick Up

Activities include:
 Monday – Puck Control/Shooting/Ball Hockey
 Tuesday – Passing/Shooting
 Wednesday -YMCA (Swimming)
 Thursday – Shooting/Skills Competition
 Friday - Scrimmage

INSTRUCTORS



Darin Vetterl

With over 24 years of experience, Darin Vetterl has the experience to rapidly develop your child's hockey skills. Darin brings forth a tremendous amount of experience into a full time instructing position at Excellent Ice - Surrey. Through his teaching career he has acquired his level 4 USA coaching certification, and head coached Western Washington University's team for 2 years.

5 Reasons why you should register in one of our programs:

1. Proven teaching techniques
2. Experienced Instructors
3. Positive Feedback
4. Diverse Programming
5. We make Hockey Fun for all players

Excellent ICE 2011 SUMMER CAMPS



604-576-0009

15000 - 54A Avenue Surrey
www.excellentice.com

GIVE YOURSELF
 THE EDGE!
WWW.EXCELLENTICE.COM

SPECIALTY CLINICS - POWER SKATING

COST: \$150.00 plus taxes
This instructional is designed to improve and enhance your skating skills. All the important skating dynamics are taught, including balance, forward and backward strides, crossovers, start and stop, as well as acceleration techniques.

JULY 25 -29th	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 1-5th	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 8-12th	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 15-19th	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 22-26th	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUG. 29 – Sept 2nd	4:00 – 5:00pm 6:20 – 7:20pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old

SHOOTING & PUCK CONTROL

COST: \$150.00 plus taxes
This program is designed to improve and enhance your shooting and puck control. These classes concentrate on skill development, technique and fundamentals. The class breaks down each type of shot: Wrist, Slap, Snap and Backhand and teaches proper puck handling as well as passing.

JULY 25 -29th	5:10 – 6:10pm	Ages 6 – 10 yrs old
AUGUST 1-5th	5:10 – 6:10pm	Ages 6 – 10 yrs old
AUGUST 8-12th	5:10 – 6:10pm 7:30 – 8:30pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 15-19th	5:10 – 6:10pm 7:30 – 8:30pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUGUST 22-26th	5:10 – 6:10pm 7:30 – 8:30pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old
AUG. 29 – Sept 2nd	5:10 – 6:10pm 7:30 – 8:30pm	Ages 6 – 10 yrs old Ages 11 – 14 yrs old

PRE-SEASON CONDITIONING

COST: \$141.00 plus taxes
On ice circuit training involving skating, puck control, shooting, and passing.

AUGUST 8-12th	5:50 – 6:50pm 7:00 – 8:00pm	Ages 8 – 11 yrs old Ages 12 – 15 yrs old
AUGUST 15-19th	5:50 – 6:50pm 7:00 – 8:00pm	Ages 8 – 11 yrs old Ages 12 – 15 yrs old

FUN HOCKEY

COST: \$141.00 plus taxes
This instructional is designed for players looking to Learn How to Play Hockey in a fun and safe environment. Instructors will focus on 30 minutes of POWER SKATING and PUCK CONTROL, SHOOTING and a 30 minute SCRIMMAGE. Great way to get started before the season starts!

JULY 25 - 29th	5:50 – 6:50pm 7:00 – 8:00pm	Ages 5 – 7 yrs old Ages 8 – 10 yrs old
AUGUST 22 - 26th	5:50 – 6:50pm 7:00 – 8:00pm	Ages 5 – 7 yrs old Ages 8 – 10 yrs old
AUGUST 29- Sept 2nd	5:50 – 6:50pm 7:00 – 8:00pm	Ages 5 – 7 yrs old Ages 8 – 10 yrs old



BODY CHECKING PUCK PROTECTION

COST: \$150.00 plus taxes
This instructional is designed for players of all different skill levels looking to focus on a how to Give and take a check. Puck Protection is essential in order to make plays as well as winning puck battles. Individual Skill Development and Game Situations will be taught.

JULY 25-29th	7:30-8:30pm	12-15 Years Old
AUGUST 1-5th	7:30-8:30pm	11-14 Years Old

DEFENSE CAMP

COST: \$211.00 plus taxes

This instructional is designed for players looking to improve skating skills and puck skills needed for this position. Proper shooting techniques, passing skills, breakouts, angling and gap control will be taught. Prepare yourself physically and mentally for this challenging position.

AUGUST 1-5th	2:00-4:00pm	8-10 Years Old
AUGUST 8-12th	2:00-4:00pm	11-14 Years Old

NEXT WAVE-H1-H2

\$164.00 plus taxes

This instructional is designed for players 5-6 years old. The instructional will focus on 60 minutes of power skating, puck control, shooting and a 30 minute scrimmage. Great way for a tune up before the season starts.

JULY 25- 29th	4:20 – 5:50pm	Ages 5-6 Years Old
AUGUST 8th-12th	4:20 – 5:50pm	Ages 5-6 Years Old
AUGUST 15-19th	4:20 – 5:50pm	Ages 5-6 Years Old
AUGUST 29-Sept.2nd	4:20 – 5:50pm	Ages 5-6 Years Old

NEXT WAVE-H3-H4

\$211.00 plus taxes

This instructional is designed for players 7-8 years old. The instructional will focus on 60 minutes of power skating, puck control, shooting and a 60 minute scrimmage. Great way for a tune up before the season starts.

JULY 25- 29th	2:00 – 4:00pm	Ages 7-8 Years Old
AUGUST 15-19th	2:00 – 4:00pm	Ages 7-8 Years Old
AUGUST 29-Sept.2nd	2:00 – 4:00pm	Ages 7-8 Years Old

ATOM

\$211.00 plus taxes

This instructional is designed for players looking to play rep for for upcoming season. This high tempo class will focus on edges, quick feet , advanced skating techniques, puck control, shooting and game situations. Great way for a tune up before the season starts.

AUGUST 22-26	2:00 – 4:00pm	Ages 9-12 Years Old
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PEE WEE

\$264.00 plus taxes

This instructional is designed for players looking to play rep for for upcoming season. This high tempo class will focus on edges, quick feet , advanced skating techniques, puck control, shooting and game situations. Great way for a tune up before the season starts.

(8 sessions)
JULY 25- 27th AUGUST 1/3/8/10/15/17
8:30 – 10:00pm Ages 9-12 Years Old

MIDGET/BANTAM

COST: \$352.00 plus taxes
This instructional is designed for advanced MIDGET/JUNIOR PLAYERS only. Instructors will focus on 30 minutes of POWER SKATING, 1hr. of GAME SITUATIONS and 30 minutes SCRIMMAGE. Great way to iron out some of the flaws and reinforce your strong points as you head into training camp. TOTAL 16 hours of ICE

*TUESDAYS and THURSDAYS – FOR 4 WEEKS

SESSION 1 - (8 sessions)
July 12-14-19-21-26-28 to August 2-4
8:30 – 10:30pm Ages 13-16 Years Old

SESSION 2 - (8 sessions)
August 9-11-16-18-23-25-30 September 1
8:30 – 10:30pm Ages 13-16 Years Old

JR PREP CAMP (NEW)

COST: \$352.00 plus taxes
This instructional is designed for advanced MIDGET/JUNIOR PLAYERS only. Instructors will focus on 30 minutes of POWER SKATING, 1hr. of GAME SITUATIONS and 30 minutes SCRIMMAGE. Great way to iron out some of the flaws and reinforce your strong points as you head into training camp. TOTAL 16 hours of ICE

SESSION 1 - (8 sessions)
July 12-13-14-15-and July 21-26-28
9:00 – 11:00am Ages 16-20 Years Old

ADULT INSTRUCTION/GAME

COST: \$315.00 plus taxes
This instructional is designed for adults who wish to improve their hockey skills or just get back onto the ice after a long layoff. The instructors will focus on 30 minutes of POWER SKATING, 1hr. of GAME SITUATIONS and 30 minutes SCRIMMAGE.

Mondays and Wednesdays for 5 weeks.
8:50 - 10:20 August 1st-3-8-10-15-17-22-24-29-31

FEMALE HOCKEY

COST: \$150.00 plus taxes
Designed for the female beginner/intermediate hockey player. 30min of power skating and 30min of puck control.

Mondays and Wednesdays for 5 weeks.
August 15TH TO 19TH 6-10 years old 4:30-5:30

August 15TH TO 19TH 11-14 years old 5:40-6:40