

# ***TJ POWER FIT***

***(August 10-14, 2020)***

## **Novice- Midget & Junior Sessions**

### **MAIN CAMP**

#### **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/group 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, puck control and multi-task skills while performing drills.

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

30 min session daily

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

45min- 1hour sessions Monday-Thursday

**Class Time**- goal setting, nutrition, video analysis, mental prep,etc.

**Vision Care Sports Vision Therapy** with Dr Tricia Holiday and Jana Coward will also be included during this time.

30 min session Monday- Thursday

### **EXTRA ICE SESSIONS**

#### **Strides Atom- Midget & Junior**

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

Crossover technique will also be included for linear skating work

\*10 participants max/group

30 min session Monday- Thursday

### **Sessions**

***Ice Sessions*** and ***Dryland*** will take place at the Iplex. 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**

**\$360.00- Novice- Midget & Junior Main Camp**

**\$405.00- if received after June 15, 2020**

### **Strides**

**\$110.00- Atom- Midget & Junior Groups**

**\$150.00- if received after June 15, 2020**

**\$150.00- if not registered in Summer Camp**

### **Payment Options**

**#1- Full Payment dated June 15, 2020**

**#2- 2 equal payments dated June 15, 2020**

**June 30, 2020**

***\*No Refunds on registration after June 15, 2020. Cancellations prior to June 15<sup>st</sup>, 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 15, 2020**

## **Contact**

**TJ Power Fit**

**Trisha Feil- Johnson**

**[tjpowerfit@sasktel.net](mailto:tjpowerfit@sasktel.net)**

**306-773-4477**

**[www.tjpowerfit.com](http://www.tjpowerfit.com)**

# **TJ POWER FIT**

**Presents**

# **Power Skating & Hockey Skills Summer Camp**

**August 10-14, 2020**

**Swift Current, Sk.**

*Owner/Head Instructor*

**TRISHA FEIL-JOHNSON**

\*Skating Instructor to Hockey Players and Figure Skaters -23 years.

\*Power Skating Instructor to all levels of Hockey Players Initiation- Pro level, including current WHL and NHL Players

\*Power Skating Instructor Bronco Hockey School-16 years

\*Fitness Certified 9 years- 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