***FALL DEVELOPMENT & CONDITIONING***

***CAMP SCHEDULE***

**Registration for all players is required one hour prior to their first ice session in the Hockey Hounds social room.**

***Saturday, August 18, 2018 through Tuesday, August 21, 2018***

**Pee Wee Group:** 9:00 am to 10:15 am - On ice session - Coaches Edge

10:30 am to 11:30 am - Dryland - ASDC

4:30 pm to 5:45 pm -On ice session- Coaches Edge

**Bantam Group:** 10:30 am to 11:45 am - On ice session- Coaches Edge

12:00 pm to 1:00 pm -Dryland- ASDC

6:00 pm to 7:15 pm - On ice session- Coaches Edge

**Midget Group**: 12:00 am to 1:15 pm -On ice session- Coaches Edge

1:30 pm to 2:30 pm -Dryland-ASDC

7:30 pm to 8:45 pm -On ice session- Coaches Edge

***Wednesday, August 22, 2018***

**Pee Wee Group:** 9:00 am to 10:15 am - On ice session - Coaches Edge

**Bantam Group:** 10:30 am to 11:45 am - On ice session- Coaches Edge

**Midget Group**: 12:00 am to 1:15 pm - On ice session- Coaches Edge

Dryland gear required for ASDC sessions. All players are responsible for their own on-ice equipment; all players should be ready for their ice times 15 minutes in advance. All equipment must be CHA approved.

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**SEAC TIGERS**

***FALL DEVELOPMENT & CONDITIONING CAMP***

**August 18-22, 2018**

The Southeast Athletic Club is pleased to announce the **2018 Fall Development & Conditioning Camp** for all levels of Pee Wee, Bantam and Midget Players. SEAC is partnering with Coach’s Edge and the Alberta Sport Development Centre-Southeast to offer our fall camp August 18-22 in Medicine Hat at the Hockey Hounds Rec Centre.

The purpose of the camp is to provide Pee Wee, Bantam and Midget age players of all skill levels with the opportunity to prepare for the upcoming hockey season. The camp will provide on-ice sessions instructed by **Coach’s Edge instructors Dan MacDonald and Doug Raycroft**. On ice sessions will be geared towards learning the key fundamentals of skating, edge control, balance, and evasive moves while developing the fundamentals to improve scoring, becoming a better defensemen and learning how to improve individual skills at increasing speed.

SEAC also wants to provide learning opportunities for additional off-ice training regiments during this camp, as this is paramount to athletic development and injury prevention. SEAC has partnered with the **Alberta Sport Development Centre-Southeast (ASDC-SE)** to support the SEAC philosophy of how to “Train like a Tiger”, providing off ice sessions for each group.

These off-ice sessions provided by ASDC-SE will focus on how to build fitness and physical training requirements for elite level sport, as well as highlighting nutritional and mental training aspects. ASDC-SE will provide athletes with knowledge of appropriate movement patterns using a functional movement analysis technique. Players will learn how to move effectively in an athletic training scenario, which will help them to move effectively on the ice. Additionally, ASDC-SE will take athletes through a typical hockey specific strength & conditioning training session. Athletes will leave with an increased knowledge of how hockey players train.

**Participants will be divided into 3 groups according to age and each player will be provided with a jersey to keep and wear for the duration of the camp.**

The SEAC program strives to provide hockey players with high performance resources to promote lifelong success with **Core Values** of the Association encompassing:

INTEGRITY: the association and its volunteers to be honest, fair, consistent and ethical when dealing with members and their families.

TEAMWORK: working together to achieve common goals for the association’s overall success and excellence.

FISCAL RESPONSIBILITY: development and adherence to financial accountability.

RESPECT: create a climate of mutual respect and diversity by recognizing all members contributions to the SEAC program.

COMMUNITY: seeking opportunities to unite the community we live in and develop prospects of ethical citizenship.

COMMITMENT: continuous improvement and value hard work and a growth mindset in the pursuit of excellence.