



**SEAC TIGERS**  
***TRAIN LIKE A TIGER***  
***SPRING DEVELOPMENT CAMP***  
**April 6-8, 2018**

**Want to learn how to Train like a Tiger and Find Out What Is Needed for Optimal Athletic Hockey Development?**

The Southeast Athletic Club is pleased to announce the **2018 Spring Development 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 spring camp April 6-8 in Medicine Hat at the Cenovus Family Leisure Centre.

The purpose of the camp is to provide Pee Wee, Bantam and Midget age players of all skill levels with an overview of what is necessary to play elite level hockey. The camp will provide four on-ice sessions per age group 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 defenseman 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 two 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 as well as an information package to assist with their training and development.

The camp will begin late Friday afternoon and wrap up on Sunday. **Players are to register 1 hour prior to their ice time on Friday.** Participants will be divided into 3 groups according to age and 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.

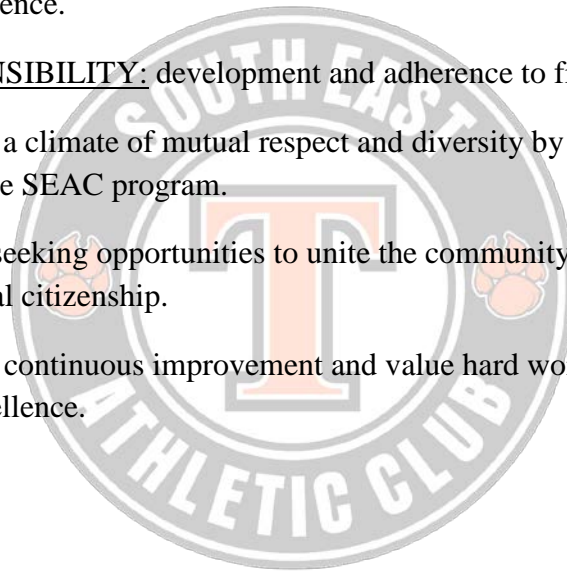
TEAMWORK: working together to achieve common goals for the association's overall success and excellence.

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.



## Spring Camp Schedule

### *Friday, April 6, 2018*

- Pee Wee Group:** 3:30pm – 4:45pm On-Ice Session; Registration 2:30pm
- followed by 1 hour session for ASDC Athletic Training Overview (Gym)
- Bantam Group:** 5:00pm – 6:15 pm On-Ice Session; Registration 4:00pm
- followed by 1 hour session for ASDC Athletic Training Overview (Gym)
- Midget Group:** 6:30pm – 7:45pm On-Ice Session; Registration 5:30pm
- followed by 1 hour session for ASDC Athletic Training Overview (Gym)

### *Saturday, April 7, 2018*

#### **Morning Sessions**

- Pee Wee Group:** 8:00am – 8:50am ASDC Functional Movement Training  
9:15am - 10:30am On-Ice Session – Coaches Edge
- Bantam Group:** 9:20am - 10:15am ASDC Functional Movement Training  
10:45am - 12:00pm On-Ice Session – Coaches Edge
- Midget Group:** 12:05pm - 1:00pm ASDC Functional Movement Training  
12:15pm - 1:30 pm On-Ice Session – Coaches Edge

#### **Afternoon Sessions**

- 2:30 – 3:30pm:** SEAC Parent information session held at Crescent Heights High School Theater
- Pee Wee Group:** 4:30pm - 5:45 pm On-Ice Session – Coaches Edge
- Bantam Group:** 6:00pm - 7:15 pm On-Ice Session – Coaches Edge
- Midget Group:** 7:30pm - 8:45 pm On-Ice Session – Coaches Edge

### *Sunday, April 8, 2018*

- Pee Wee Group:** 8:00am – 9:15am On-Ice Session – Coaches Edge  
9:40am SEAC Wrap up Session (dressing room #5)
- Bantam Group:** 9:30am – 10:45am On-Ice Session – Coaches Edge  
11:05am SEAC Wrap up Session (dressing room #5)
- Midget Group:** 11:00am - 12:15pm On-Ice Session – Coaches Edge  
12:40pm SEAC Wrap up Session (dressing room #5)



**2018 SEAC/Coach's Edge  
Train Like a Tiger Spring Development Camp  
April 6 – 8, 2018  
Cenovus Family Leisure Centre, Medicine Hat**

**PLAYER REGISTRATION**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

HOME TELEPHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

(PLEASE PRINT CLEARLY AS WE MAY USE THIS FOR FUTURE CORRESPONDENCE)

DATE OF BIRTH: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

HEALTH CARE #: \_\_\_\_\_ PROVINCE: \_\_\_\_\_

PARENT'S NAMES: \_\_\_\_\_

PARENT EMERGENCY CONTACT #'S: \_\_\_\_\_

POSITION PLAYED: \_\_\_\_\_ SHOOTS: \_\_\_\_\_ CATCH:(GOALIES ONLY)

LAST TEAM PLAYED: \_\_\_\_\_

JERSEY SIZE: \_\_\_\_\_

PREVIOUS INJURIES FROM LAST 2 YEARS/ANY ALLERGIES OR MEDICATION:

\_\_\_\_\_  
\_\_\_\_\_

or

**Please return completed registration form to:**

[Admin@southeastathleticclub.com](mailto:Admin@southeastathleticclub.com)

**Deadline for registration & payment: March 25, 2018 – Registration Fee \$165**

(no refunds provided after registration deadline unless accompanied by physician's note and ½ registration fee will then be refunded) *Jersey will be provided*

**Mail payment to:** Box 21014 Medicine Hat T1A 6N0 Cheques payable to: **Southeast Athletic Club**

**\*\*There will be a maximum number of participants for the camp\*\***

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.