



**2019 SOUTH EAST ATHLETIC CLUB
IN PARTNERSHIP WITH
WILLIE DESJARDINS SOUTH ALBERTA HOCKEY
ACADEMY**



**FALL DEVELOPMENT & CONDITIONING CAMP
PEEWEE, BANTAM, MIDGET PLAYERS**

AUGUST 17 - 21

The South East Athletic Club is once again pleased to offer the 2019 Fall Development & Conditioning Camp. This year's camp will be in partnership with the Willie Desjardins South Alberta Hockey Academy. The Camp is open to all Pee Wee, Bantam and Midget Players.

Camp Description:

The South Alberta Hockey Academy staff will lead players through cutting edge, high performance on-ice sessions. These sessions will focus on power skating and edgework, puck skills (stick handling, passing, shooting), position specific skills and small area games.

The Camp Includes:

9 On-ice Sessions (11.25 hours)

3 Dryland Sessions (3 hours)

- Strength, mobility, athleticism, recovery, and technique

2 Classroom Sessions (2 hours)

- Sport Psychology and Tryout Preparation
 - What are coaches and evaluators looking for?
- Tryout Mindfulness and Mental Health Preparation
 - Pre tryout anxiety
 - In tryout adversity
 - Post tryout coping

Come and join us for a great five days of development and preparation for the up and coming season!

