



Jr. Eagles Girls Camp

NoCo Ice Center
7900 Fairgrounds Ave
Fort Collins, CO 80528
(970) 206-4423

August 2nd – 5th 2010

5:00-5:30pm Chalk Talk

6:00-7:30pm On Ice

7:45-8:45 Dryland

This camp is designed for the girls that are looking to improve their hockey skill and hockey fitness prior to the start of the 2010 season. The camp will focus on the basic fundamentals of the game of hockey. There will be extensive skating work including edge control and balance as well as power and stride efficiency. The off ice program will consist of a hockey specific program focusing on the core areas needed for hockey success, leg, shoulder and core strength and flexibility.

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

D.O.B. _____

Parent/Guardian: _____

Position: _____

\$150 Registration

**\$100 if registered before
June 15,2010**

Please Circle Size:

Jersey Size: XL L M S XS

T-Shirt: XL L M S XS

Shorts: XL L M S XS