



# Get Your Game On

The Admirals Hockey Club is offering additional skills clinics to further player development

## FORWARDS— Specific Skill Session

**Matt Noga**, a stick handling and Power Skating specialist, will be running the Camp. Here are some of the specific related skills that will be taught: Play making, vision with & without the puck, puck protection, decision making, puck patience, creating "Time & Space", creating 1-1 moves out of the corner, & Matt Noga's expertise on scoring goals.

### Session 1 — \$125\*

#### For Mites / Squirts

Friday	Dec 16	6:00 - 7:00 pm
Friday	Dec 23	6:00 - 7:00 pm
Friday	Dec 30	6:00 - 7:00 pm
Friday	Jan 20	6:00 - 7:00 pm
Friday	Jan 27	6:00 - 7:00 pm
Friday	Feb 10	6:00 - 7:00 pm

### Session 2 — \$125\*

#### For Pee wee / Bantams

Friday	Dec 16	7:20 - 8:20 pm
Friday	Dec 23	7:20 - 8:20 pm
Friday	Dec 30	7:20 - 8:20 pm
Friday	Jan 20	7:20 - 8:20 pm
Friday	Jan 27	7:20 - 8:20 pm
Friday	Feb 10	7:20 - 8:20 pm

## DEFENSEMEN— Specific Skill Session

This camp will focus on specific related situations for both Forwards and Defensemen. Robert Moore will run the camp along with other coaches. Some of the specific related skills taught will be vision, puck protection, decision making, gap control, transitioning, angling, head on a swivel & active sticks.

### Session 3 — \$125\*

#### For Mites / Squirts / Pee Wees / Bantams

Friday	Dec 9	6:00 - 7:00 pm
Friday	Jan 6	6:00 - 7:00 pm
Friday	Jan 13	6:00 - 7:00 pm
Friday	Feb 3	6:00 - 7:00 pm
Friday	Feb 17	6:00 - 7:00 pm
Friday	Feb 24	6:00 - 7:00 pm

## GIRLS ONLY— Specific Skill Session

For girls of all ages. Various skills to improve skating, stick handling, and passing will be taught. Session will be run by **Abbie McDonald** and other coaches.

### Session 4 — \$100\*

#### For Girls of all ages

Friday	Dec 9	7:20 - 8:20 pm
Friday	Jan 6	7:20 - 8:20 pm
Friday	Jan 13	7:20 - 8:20 pm
Friday	Feb 3	7:20 - 8:20 pm
Friday	Feb 17	7:20 - 8:20 pm
Friday	Feb 24	7:20 - 8:20 pm

\*Sign up online at [www.admiralshockeyclub.com](http://www.admiralshockeyclub.com) All sessions will be limited to the first 25 registered players. These sessions will be available on a first-come, first-served basis.