

ANTOINE BERGERON

Enroll early to
guarantee a
spot!



HOCKEY SKILLS DAY CAMP FOR TYKES, MITES, AND SQUIRTS

★ Improve your overall skills of the game
★ Develop and improve puck handling skills

★ Increase skating speed, acceleration and agility
★ Learn proper/effective body position

July ²⁶⁻³⁰ 2010

Lancaster Ice Rink

Cost: \$275 prior to March 15th
and \$325 after March 16th

Questions? Contact Antoine
Bergeron at hockey@epix.net or
717-490-2378



Maximum
enrollment is 35.

Daily Schedule

| | |
|------------------|------------------------------|
| 8:30 am | Arrive |
| 8:45 - 10:00 am | Off Ice Instruction/Activity |
| 10:15 - 11:45 am | On-Ice |
| 12:00 - 12:45 pm | Lunch (bring your own lunch) |
| 1:00 - 2:00 pm | Off-Ice |
| 2:30 - 4:00 pm | On-Ice |

Coach Antoine Bergeron:

- Over 10 years of Junior major and professional experience
- Former NHL draft pick
- Youngest player at 15 years old to play junior major
- Directed camps throughout Canada
- Former All-Star in Junior Major
- Highly recommended from past experience

Please drop registration form and payment (checks payable to Antoine Bergeron) at Lancaster Ice Rink