



# Player Development Camp

Once again SPRA is offering a Development Camp for birth years 2000-2006 (2006 players to be registered in Step 3 this season, or last season). The cost is **\$150.00** per athlete.

This program offers four sessions from incredible **Quantum Speed Power Skating**

Mondays: October 5, 19 and November 2, 23

Times: 4:00 —5:00 pm, or 5:30 to 6:45 pm (groups will alternate times each week)

Plus **six skills sessions** with a specialized focus each session

December 10th—Millenium Place - (5:15 to 6:30 pm or 6:45-8:00 pm) Focus on Defense

December 20th—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Defense

December 27th—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Offense

January 3rd—GARC—(9:45 to 10:45 am or 11:15 to 12:30 pm) Focus on Offense

January 21st—Mill. Place -(5:15 to 6:30 pm or 6:45 to 8:00 pm) Focus on Transition

February 6th—GARC—(7:30 to 8:30 am or 8:45 am to 9:45 am) Focus on Transition

Don't miss out on this opportunity, as it is limited to a maximum 60 players (2 groups)

Go to [www.sherwoodparkringette.ca](http://www.sherwoodparkringette.ca) under the “registration” tab to register

