



Speed & Agility Camp Info

Price: \$100

Dates & Duration: Aug 4th–7th (4 days; four 45-min sessions)

Registration Deadline: Jul 28

Location: Field behind Chetwynd Secondary School

What You'll Need

- Athletic clothing & footwear suitable for rapid movement (running shoes)
- Water Bottle

Camp Structure & Details

Off-ice drills include cone work, sprinting, races, reaction drills, and small-field games to build explosive speed and nimble footwork.

Age groups

Players will be divided into age groups. Age divided into groups between the ages of 8 and 18. The age groups are 8-10, 11-12, 13-14, and 15-18.

The lowest age for registration is 8 and the oldest is 18.

Focus Areas

1. Quick acceleration
2. Power output
3. Speed generation
4. Stability

Additional Notes

Limited spots per age group—registration will close once full.

All camp rules apply (gear, behavior, liability waiver, no bullying, media release, refund policy).

All camp updates will be posted to the @Peakhockey facebook page, so make sure to follow the page to stay up to date with any camp developments. You will also be emailed and or texted about any changes.

If you have any further questions please reach out to me or check the @PeakHockey Facebook page!