

To all participants,

RE: 2012 AWG, Junior Female ID camp.

I would like to welcome all of you to this ID camp and explain the philosophy and procedures that will ensure a good camp for all.

This is an ID Camp. Not a trial. Two actual trials will be held, dates and times to be finalized. The purpose of this camp is to identify all eligible athletes, their skill level and fitness level.

In the following week-end you will be tested on and off-ice so the coaches can prepare a training schedule for the fall. We will be looking at the following:

- Skating, Forward, Backward, Stops, Starts, Speed, etc.
- Stick-handling, Deeks, Forehand passing, Backhand passing, Shooting, etc.
- Checking : Use of body, Angling
- Thinking Skills : Ability to see the plays develop and anticipation, Discipline, Understanding systems, Etc.
- 1 v 1: Offensively; Deception, Creativity, Change of pace, Defensively; Closing the gap, Front of the net, Small spaces.
- Attitude: On and off-ice attitude. Staying positive, having fun while working seriously.
- Fitness: Can you compete at this level.

If you have any questions please feel free to contact me at lbbhockey46@gmail.com

Louis Bouchard

Head Coach

19/08/2011

Approved by YAHA President Walter Brennan