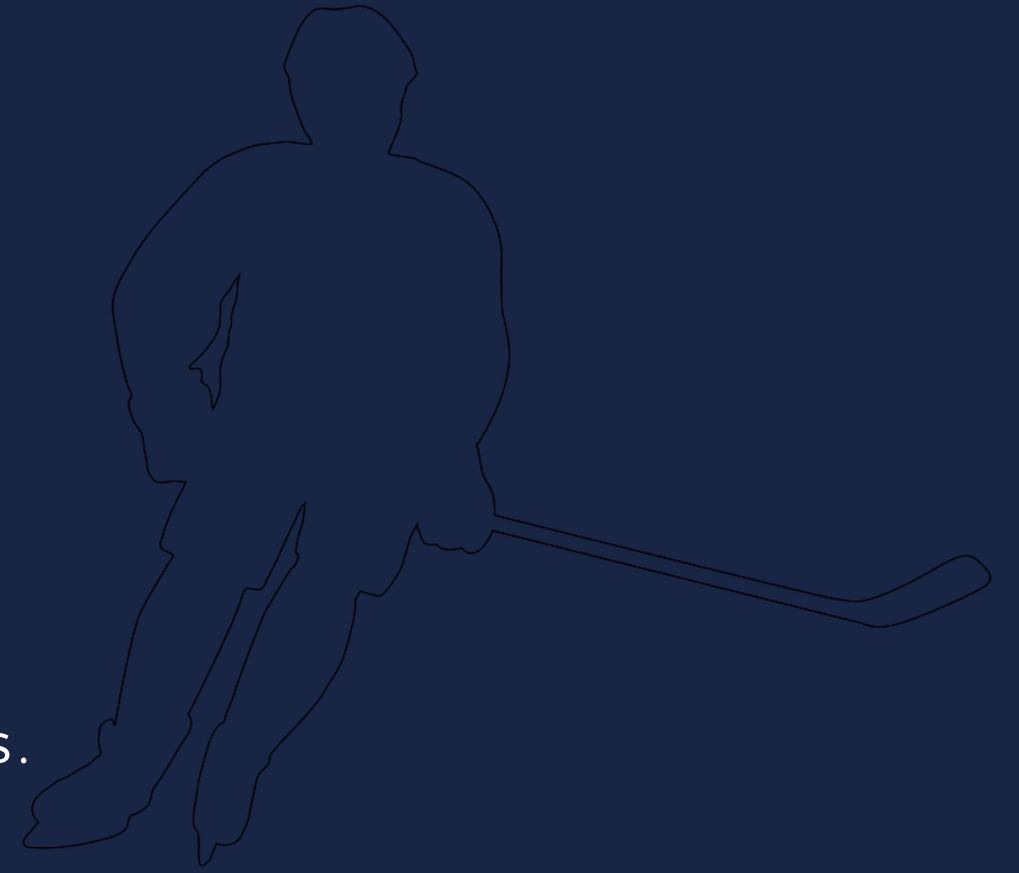


SPRING 2021 TRAVEL/SELECT HOCKEY @KCIC

PRACTICES FOR TRAVEL & SELECT PLAYERS BIRTH YEARS 2007-2012



ON-ICE:

Consists of 9 sessions (70 min each)
75% Skill Based, 25% Small area games and competitions.

OFF-ICE:

Dryland Training 30 min prior to or after on-ice.
75% Stickhandling & Shooting, 25% hockey strength and conditioning.

SCHEDULE:

Thursdays April 1 - May 27th

2011-2012's

5:30-6:40pm on-ice practice, 6:45-7:15pm off-ice training

2009-2010's

6:00-6:30pm off-ice training, 6:50-8:00pm on-ice practice

2007-2008's

7:30-8:00pm off-ice training, 8:20-9:30pm on-ice practice

PLAYER COST: \$225

GOALIE COST: 1/2 price

Walk ups accepted for \$30 if space is available and with prior email.

REGISTRATION: To reserve a spot email Simon Watson swatson@kcscouts.com and pay at KCIC before your first session.

***First 30 skaters and 4 goalies accepted per division.

***Groups may form spring/summer teams to compete in one or two off-season tournaments depending on interest.



**LEAD INSTRUCTORS: SIMON WATSON & RADO ILLO
ADDITIONAL STAFF WILL INCLUDE JETS AND STARS
TRAVEL COACHES**