
Smytty's Skills



Athabasca

November 13-16th, 2017

SMYTTY'S SKILLS DEVELOPMENT ATHABASCA CAMP

November 13 – 16th, 2017

3-Zone Circuit Training

- Maximized Skill Repetitions
- Enables Increased One on One Attention
- Tailored Lesson Plans for Forward and Defense

Focus

- Acceleration and Change of Speed
- Explosive First Three Strides
- Change of Direction and Agility
- Dynamic Game Transferrable Puck Skills

Intangibles

- Hockey Awareness through Game Specific Instruction
- Understanding of Leadership Qualities
- Emphasis Maximizing Player Experience and Enjoyment of the Game

Instructors



Ryan Smyth
Guest Instructor



Steven Goertzen
Head Instructor



Tyler Wowk
Head Instructor

Gold Medalist Team Canada:

- 1995 World Juniors
- 2002 Winter Olympics
- 2003 World Championships
- 2004 World Championships
- 2004 World Cup
- 1270 NHL Games Played

- 2002 NHL Draft Pick
- AHL Experience
- NHL Experience
- 10 Years of Skills Development at all Levels

- Head Instructor for 7 years at Serdachny Powerskating
- Over 10 years coaching and player development of all ages



Athabasca Regional Multiplex November 13 – 16th, 2017

- Group 1** – Novice – \$160.00 (4 Sessions)
Group 2 – Atom / Pee Wee - \$240.00 (6 Sessions)
Group 3 – Bantam / Midget - \$240.00 (6 Sessions)

- * Price based off \$40 per session. Price Includes GST
- * Smytty's Skills jerseys available for purchase (\$40 cash only) not required

November 13th

- 1) 10:30 – 11:30 am (**Group 1**)
- 2) 11:45 – 12:45 pm (**Group 2**)
- 3) 1:15 – 2:15 pm (**Group 3**)
- 4) 2:30 – 3:30 pm (**Group 2**)

November 14th

- 1) 10:30 – 11:30 am (**Group 1**)
- 2) 11:45 – 12:45 pm (**Group 3**)
- 3) 1:15 – 2:15 pm (**Group 2**)
- 4) 2:30 – 3:30 pm (**Group 3**)

November 15th

- 1) 10:30 – 11:30 am (**Group 1**)
- 2) 11:45 – 12:45 pm (**Group 2**)
- 3) 1:15 – 2:15 pm (**Group 3**)
- 4) 2:30 – 3:30 pm (**Group 2**)

November 16th

- 1) 10:30 – 11:30 am (**Group 1**)
- 2) 11:45 – 12:45 pm (**Group 3**)
- 3) 1:15 – 2:15 pm (**Group 2**)
- 4) 2:30 – 3:30 pm (**Group 3**)

- * Format Subject to Change

Register @ <http://smyttyskills.msa4.rampinteractive.com/>

Regards,

Ryan Smyth