

# **GHC U13** **SPRING** **SKILLS**

## **WHEN**

**April 18 to June 10, 2023**

## **COST**

**\$750**

**INCLUDES • 8- On-Ice Skills Sessions • 2- Jamboree Games •  
10- Dryland Sessions • 7- Multisport Sessions • Shooting Clinic •  
2- Nutrition Sessions • Goal Setting Session • Camp Jersey & T-shirt**

**[CLICK HERE FOR MORE INFORMATION](#)**

## **CAMP COMPONENTS**

### **ON-ICE**

**Tuesdays or Thursdays**

**7:30-8:30pm**

**Wednesdays—Goalies Only**

**7:30-8:30pm**

**Stew Hendry Arena**

### **DRYLAND**

**Tuesdays or Thursdays**

**6:45-7:15pm**

**Colonel MacLeod Aux Gym**

### **MULTISPORT**

**Wednesdays**

**7:45-8:45pm**

**Location TBA**

### **3X3 JAMBOREE**

**Sat., June 10, 2023**

**10:00am to 2:45 pm**

**Henry Viney Arena**