

Spring Camps

Spring Camps are all half power skating, half hockey skills. These five-week camps through April and May are a great time to improve skills during the off-season. It's also a good opportunity to maintain what players have learned through the winter, bridge the gap until summer camps, and not return a step back from where they finished. Sessions will be divided between power skating and puck skills.

CAMP 1 U7 Pre-Novice Sundays 4:00 – 5:00 p.m.

Cost: \$309 + GST Castledowns Arena*

5 weeks starting April 16/2023, ending May 14/2023

Description: This is a beginner level power skating class with a focus on learning basic hockey skills in an atmosphere of FUN! It is not a learn to skate class so skaters must have some previous skating experience.

CAMP 2 U9 Novice Sundays 5:00 - 6:00 p.m.

Cost: \$309 + GST Castledowns Arena*

5 weeks starting April 16/2023, ending May 14/2023

Description: This Novice level camp is for players with some past skating and/or hockey experience. Players should have basic skating and puck skills.

CAMP 3 U11/13 Atom/Pee Wee Sundays 6:15 - 7:30 p.m.

Cost: \$349 + GST Castledowns Arena*

5 weeks starting April 16/2023, ending May 14/2023

Description: Players in this camp should have good skating and puck skills and be looking to improve technique. Drills will progressively become higher tempo and involve more game situations.

CAMP 4 Bantam/Midget/Jr Sundays 7:45 – 9 p.m.

Cost: \$349 + GST Castledowns Arena*

5 weeks starting April 16/2023, ending May 14/2023

Description: This camp is for serious players committed to fine tuning their skating, maintaining conditioning, and strengthening puck skills. All skills will be integrated into high-tempo game situations. This camp will blend into semi-private sessions offered July – August and then wrap up at Summer Camp for a full season of quality technique training.

Summer Camps

All summer camps take place August 14 – 18, 2023 @ Castledowns Arena.

Summer Camps are for hockey or ringette players wanting to improve SKATING TECHNIQUE and CONDITIONING. Instructional focus is on skating skills, although pucks will be integrated at all levels so players can practice skills in game situations. All camps (with the exception of Learn to Hockey) include off-ice activity sessions related to skating skills and conditioning. Goalies are welcome and will have the opportunity to improve skating/agility as well as take shots during drills and scrimmage.

Camp A – LEARN TO HOCKEY 9 – 9:45 a.m. Cost: \$199 + GST

This camp is intended for the new player just learning to skate and/or planning to start playing in the upcoming season. No previous skating experience is necessary but standing independently on ice is required.

Camp B – U7 PRE-NOVICE 9 – 10:45 a.m.

Cost: \$399 + GST Off-ice: 9 - 9:30 a.m. On-ice: 9:45 - 10:45 a.m.

This camp is intended for the younger player in Initiation hockey or just planning to start playing in the upcoming season. No previous power skating is necessary; however, it is not a learn-to-skate class, and players should have some skating experience. This camp is also a good opportunity for the younger player to experience the “hockey school” concept in a shorter time span and with a focus on FUN!!

Camp C – U9 NOVICE 9:45 – 12 noon

Cost: \$459 + GST Off-ice: 9:45 - 10:30 a.m. On-ice: 11 – 12 noon

This camp is intended for U9 Novice players wanting to improve their skating skills in a hockey environment. Although prior power skating is not a necessity, participants should have basic skating skills. Both on and off-ice sessions will be full of activity and fun while improving key skating techniques.

Camp D – U11 ATOM 10:45 a.m. – 1:30 p.m.

Cost: \$479 + GST Off-ice: 10:45 - 11:45 a.m. On-ice: 12:15 - 1:30 p.m.

This camp is intended for U11 Atom players wanting to improve their skating skills through technique training, as well as increasing conditioning with off-ice sessions and high-tempo on-ice drills. Participants should have good basic skating skills along with prior hockey experience, and be looking to improve themselves prior to evaluations.

Camp E – U13/U15 PEE WEE/BANTAM 12:15 – 3:15 p.m.

Cost: \$499 + GST Off-ice: 12:15 - 1:15 p.m. On-ice: 1:45 - 3:15 p.m.

This camp is for players wanting to improve their skating skills by learning the proper technique first and then incorporating into high-tempo drills. Off-ice sessions will be related to on-ice skills such as stride, power and quick feet and will also include stretching, conditioning, muscle development and more. Each day is something different so players will never get bored!!

Camp F – U18 MIDGET/JUNIOR/ADULT 1:30 – 5 p.m.

Cost: \$519 + GST Off-ice: 1:30 - 3 p.m. On-ice: 3:30 - 5 p.m.

This camp is for the advanced player committed to improving their skating and conditioning prior to the 2023/24 season. On and off-ice sessions will focus on speed, acceleration, agility, strength and power. Players should have strong skating skills and be looking to improve technique in specific areas of weakness. This camp will be demanding but players will really feel like they've accomplished something by week end!! **For a complete summer training program, this camp is recommended as completion of the Edges Semi-Private Package.

Registration Form

Class Selection (Circle)

Spring Camps

1 (Pre-novice) 2 (Novice) 3 (Atom/Pee Wee) 4 (Bantam/Midget/Jr)

Summer Camps

A (Learn to Hockey) B (U7 Pre-Novice) C (U9 Novice)
D (U11 Atom) E (Pee Wee/Bantam) F (Midget/Jr/Adult)

Summer Camp ONLY

Free Jersey Included

\$25 Early-Booking Discount for registrations received by March 1, 2023

Camp(s) Cost \$ _____

Less Discount - _____

(If applicable – Summer Only)

Subtotal = _____

GST + _____

(GST Reg. #88216 5723 RT0001)

TOTAL = _____

Payment by Cheque _____ Please make cheque or money order payable to: **Edges P.S.I.**
(A \$25 fee will be charged for all returned cheques)

Payment by Visa _____ Mastercard _____

Card # _____

Expiry Date _____

Cardholder Name _____

Authorizing Signature _____

Registration Form

Player Name _____

Address _____

City _____ Postal Code _____

Birthdate _____
Month Day Year

Last Level Hockey Played _____

Parent Name(s) _____

Phone (h) _____ (other) _____

Health Care # _____

Health Concerns _____

Email address _____

How did you find out about the camp?

Waiver

No refunds or credits will be issued unless program is cancelled by Superskate Advanced Development Association or Edges Professional Skating Instruction (Tammy Coley). In the event of arena closures, non-expiring credits will be issued. In consideration of the benefits awarded to us by acceptance of this application, the undersigned agrees to save and hold harmless and release Superskate Advanced Hockey Development Association, Edges Professional Skating Instruction, Tammy Coley, all coaches and assistants, and any private or municipal rink of and from any and all claim rising from bodily injury and property damage sustained by the student. All skaters must wear full CSA Approved hockey equipment.

Date: _____ Signature _____
(Parent or Guardian)

Schedule

SPRING CAMPS:

Sundays: April 16, 30, May 7 & 14
Castledowns Arena
11520 – 153 Avenue, Edmonton

Sunday: April 23
Canadian Athletic Club Arena
14645 – 142 Street, Edmonton

SUMMER CAMPS: Schedule as on reverse - no changes.

Also Available

Private Lessons

Video Analysis

Semi-Private Summer Sessions

For Players U15 Bantam & Older

Fall/Winter Program

Learn to Skate Classes

Learn to Hockey Classes

20-week Power Skating Classes

Puck Handling & Shooting Camps

Goalie Training

For More Info:

www.edgespsi.com

or email coleytr@telusplanet.net

HOW TO REGISTER

REGISTER BY SENDING THE COMPLETED REGISTRATION FORM AND FULL PAYMENT (INCLUDING CHEQUE, MONEY ORDER, OR COMPLETED CREDIT CARD SECTION) TO:

EDGES P.S.I.

13017 – 137 A Street
Edmonton, Alberta T5L 5A3

or FAX TO (780) 454-8400

or EMAIL TO COLEYTR@TELUSPLANET.NET

or DROP IN MAILBOX @ ABOVE ADDRESS

Registration will be taken on a first come, first serve basis and **MUST** include payment

Goalies welcome.
Ringette players welcome.

All skaters are grouped by ability, not age or tier played.
At the discretion of the coaches, some shifting of skaters to appropriate classes may occur after the first day or during the camp.

Participants **MUST** wear full hockey/ringette equipment and bring a stick.

For More Information

www.edgespsi.com

or call (780) 454-6419

Tammy Coley's

EDGES

SPRING

&

SUMMER

CAMPS

2023