



# GIRLS PD DAY CAMP

**\$60**  
PER  
SESSION

Our PD Day program is designed for female players in grades 3-8 looking to enhance their current skills during their day off school.

**Customized position specific drills focused on  
Puck Control, Drills, Shooting and Passing**

- Sessions will be delivered by by Fiona Smith-Bell Olympic medallist and 2x World Hockey Champion with help from experienced athletes and instructors from Newbridge Academy
- Session includes 1.5 hour on ice training, dryland (off ice) training and class room team building activities
- Focus will be on developing individual hockey skills (shooting, passing, puck control, skating techniques and teamwork)
- Players will be split up and grouped according to skill level and age, ensuring all skaters are challenged appropriately.

## PD 1/2 DAY CAMP

☐ **OCTOBER 17, 2018**

**8:00AM-12:30PM  
COST \$60.00  
JERSEY INCLUDED**

### LOCATION:

Dartmouth Multi-pad  
259 Commodore Drive

## PD 1/2 DAY CAMP

☐ **OCTOBER 26, 2018**

**8:00AM-12:30PM  
COST \$60.00  
JERSEY INCLUDED**

### LOCATION:

Dartmouth Multi-pad  
259 Commodore Drive

## PD 1/2 DAY CAMP

☐ **NOVEMBER 21, 2018**

**8:00AM-12:30PM  
COST \$60.00  
JERSEY INCLUDED**

### LOCATION:

Dartmouth Multi-pad  
259 Commodore Drive

## PD 1/2 DAY CAMP

☐ **JANUARY 2, 2019**

**8:00AM-12:30PM  
COST \$60.00  
JERSEY INCLUDED**

### LOCATION:

Dartmouth Multi-pad  
259 Commodore Drive



# NEWBRIDGE ACADEMY FEMALE HOCKEY PD DAYS

