

CORTLAND WOMEN'S ICE HOCKEY

Youth Summer Camp



About

Cortland Women's Ice Hockey team appreciates the Cortland Community, who are their biggest supporters. We also love to encourage aspiring hockey players to continue following their dreams of playing hockey. Their hard work and dedication to the sport does not go unnoticed. As an organization, not only do we want to give youth players the chance to skate with college players, but we want to teach them proper techniques in skating, shooting, and passing.

Camp 1 starts June 13-17

- 9 am - 3 pm

Camp 2 starts June 20-24

- 9 am - 3 pm

Each camp will include:

- 2 hour ice session
- 1 hour lunch
- 2 hour ice session

Registration

Youth hockey players between the ages of 5 and 13 qualify for our one week summer hockey camp. It is **\$125 per player**, goalies are included.

Check or money order made payable to:

Niamh O'Connor
22 Graham Avenue,
Cortland, NY 13045

*payments made out to SUNY Cortland will not be accepted.
*registration deadlines are 3 weeks prior to the start of the camp.

Refund Policy

Any cancellations that are 2 weeks before the start of the camp will receive a full refund. Cancellations that are made less than 14 days before the first day of camp, will be charged a \$25 administration fee. This policy will be strictly enforced since it is important to know how many campers will be in each group. Campers who leave during the week of the camp will also be charged the \$25 administration fee.

CORTLAND



Hockey Camp



"My daughter is so excited to skate with the players she looks up to!"

Goals

Technique

Attention to detail and focusing on proper way to shoot, skate and pass.

Feedback

Players will identify campers' mistakes and correct immediately.

Good Habits

Constantly reinforcing the fundamentals.

Emphasis

Repeating skills until it becomes second-nature.

Coaching

College players have many years of experience and will focus on campers' success.

Red Dragons

Within the Women's Ice Hockey team, we emphasize hard work, team work, and precision, which is the reason why these girls are such great mentors. During both 2 hour ice sessions, the Red Dragons will teach the campers how to properly skate, using the techniques that will improve speed; they will also teach the proper way to shoot and pass, increasing speed and accuracy to every shot/pass; and lastly, they will teach the campers the meaning of team work and how important it is to support each other. These are life-long lessons that will have a very positive impact on the campers, as well as inspiring them to get better every time they step on the ice.

"If you want to be a Red Dragon, you must play like a Red Dragon."

- Laura Drew #15 C



Photography by: Charlie Gill

Camp

Throughout the week of camp, there will be tons of fun activities for the campers. Drills are meant to be challenging for them in order to help them improve their skills. On the last day of camp, the kids will be divided into different teams and they will play against one another for the championship.



Contact Info:

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