

CP PRO SKILLS DEVELOPMENT CAMP

July 8-12, 2024

Stride Place - Portage la Prairie MB



CAMP INSTRUCTORS

Dean Stewart

Born: Portage la Prairie Manitoba

Minor Hockey: Portage Minor Hockey Association

Regional Hockey : U18 AAA Central Plains Capitals

Junior Hockey: MJHL - Portage Terriers - 2 seasons

RBC National Champion

Drafted by the Arizona Coyotes in the 2016 NHL draft

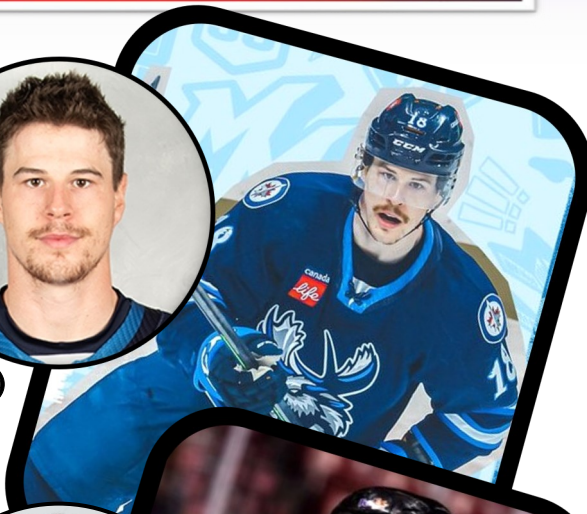
University: NCAA D1 - University of Nebraska at Omaha (4 Years)

Professional: Wichita Thunder - ECHL Named 2nd Team All-star

Named to All Rookie Team

Current Team Manitoba Moose - AHL - 3rd Season

Named Manitoba Moose Rookie of the Year (2022-23 Season)



Max Neill

Born: Portage la Prairie Manitoba

Minor Hockey : Portage Minor Hockey Association

Regional Hockey: U15/U18 AAA Central Plains Capitals

WHL Draft - 9th Round by Lethbridge Hurricanes

MJHL Draft - 1st Round by Steinbach Pistons

Junior Hockey: MJHL - Steinbach Pistons (2 Years) /

NAHL - Jamestown Tomahawks / Minnesota Wilderness (2Years)

University: NCAA D1 - Lindenwood University / USport - University of Waterloo

Professional: Current Team ECHL Utah Grizzlies - 1st Year



Ben McCartney

Born: Portage la Prairie Manitoba

Minor Hockey: Portage Minor Hockey Association

Regional Hockey: U15 AAA Central Plains Capitals

Sport School: Okanagan Hockey Academy U15-U18

WHL Draft - 2nd Round by the Brandon Wheat Kings

Junior Hockey: WHL - Brandon Wheat Kings (4 Years)

Drafted by the Arizona Coyotes in the 2020 NHL Draft

Played in NHL for Arizona Coyotes

Professional - Current Team AHL Tucson Roadrunners - 3rd Season



CAMP COORDINATORS

Mike Neill

Hockey Canada Certified Skills Instructor

Hockey Manitoba/Hockey Canada Skills Instructor

Central Plains Regional Skills Instructor

Ferdi Nelissen

Hockey Canada HP1 (High Performance) Certified Coach

Regional U15 AAA Head Coach – Regional U18 AAA Head Coach

Bachelor of Kinesiology - University of Manitoba



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Focus:

- Develop improved edge control to enhance speed and agility in the skating stride.
- Provide Professional direction/instruction on technical aspects of the stride to provide more dynamic skating.
- Improve balance and stability in the skating stride.
- Enhance overall puck handling, puck protection, passing and shooting skills.

Provide a valuable week long hockey experience of learning and having fun!

On Ice Program (Developed by Mike Neill)

- Will include 2- one hour ice sessions per day with purposeful, progressive drills focused on enhancing a player's overall edge control, speed, agility, transitioning, puck control, puck protection, passing & shooting.
- Each session will have a focused theme in which the players will actively progress through a technical breakdown of the intended skill.
- Players will receive technical instruction for improving their overall core skills and professional demonstrations, which will include repetitions with professional critiquing and constructive corrections in effort for overall improvement.

Off Ice Sessions (Developed by Ferdi Nelissen)

- These sessions will focus on the latest age-appropriate hockey specific training techniques to enhance a player's balance, agility, quickness and flexibility.
- Sessions will include speed work, agility relays, plyometrics and fun activities/games to improve coordination.

CAMP FEE - \$325.00 includes all sessions and Camp Jersey

Tentative Schedule - JULY 8-12—2024

Group 1 (Target Ages 9-11)	Ice: 10:45-11:45 am	Dryland 12:30-1:30 pm	Ice: 2:30- 3:30 pm
Group 2 (Target Ages 12-14)	Ice: 12:00-1:00 pm	Dryland 1:45-2:45 pm	Ice: 3:45-4:45 pm
Group 3 (Target Ages 15-18)	Ice: 1:15-2:15 pm	Dryland 3:00-4:00 pm	Ice: 5:00-6:00 pm

Registration

Send Registration to Carol Stewart at carolstewart45@shaw.ca or mail to:

Carol Stewart - 45 Laverendrye Cres.- Portage la Prairie, MB - R1N 3E6

Registration Fees can be E-transferred to carolstewart45@shaw.ca

Cheques and Cash will be accepted.

Please email carolstewart45@shaw.ca with any questions.

Players Name:		Date of Birth:	
Contact Name:			
Email:			
Address:			
Jersey Sizing			
Youth Size	MEDIUM <input type="checkbox"/>	LARGE <input type="checkbox"/>	X-LARGE <input type="checkbox"/>
Adult Size	SMALL <input type="checkbox"/>	MEDIUM <input type="checkbox"/>	LARGE <input type="checkbox"/>