

OBJECTIVES

- To teach all the factors of becoming an explosive skater
- Low student to instructor ratio to maximize correction of skating habits.
- To combine fun with sound fundamental skating technique

Tentative Schedule / Group's

Group #	Ice	Off Ice	Ice
#1 Ages 7/8/9	8:00am 9:00am	9:15am 10:00am	10:30am 11:30am
#2 Ages 10/11/12	9:15am 10:15am	10:30am 11:15am	11:45am 12:45am
#3 Ages 13/14/15	1:00pm 2:00pm	2:15pm 3:00pm	3:30pm 4:30pm

ULTIMATE STRIDE HOCKEY CAMP

PORTAGE

August 10-14, 2026

Stride Place
Portage, MB

OFF ICE SESSIONS

ALL OFF ICE sessions are geared towards Hockey specific training and include 1 hour per day (ages 9 and up).

- Plyometrics
- Quick Feet
- Explosive Power
- Transitions

* 7 and 8 Year Olds

- Games that include hand/eye co-ordination
- Soccer
- Relays
- Fun Games

THE ULTIMATE STRIDE

PORTAGE CAMP

The Ultimate Stride
c/o Darren Durdle
249 Caithness St.
Portage, MB
R1N 3S5

HOCKEY'S EXPLOSIVE SKATING SCHOOL



FUN
POWER
FOOT SPEED
SKATING TECHNIQUE
DRYLAND - PLYOMETRICS

STRIDE
LEG QUICKNESS
AGILITY & BALANCE
DRYLAND - QUICK FEET
LEARNING & CORRECTION

THE ULTIMATE STRIDE CAMP

MALES & FEMALES AGES 7-15

PORTAGE
August 10-14, 2026
Stride Place
Portage, MB

CAMP DIRECTOR
Darren Durdle
204-857-3832

Email Portage: ultimatestride@shaw.ca

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REGISTRATION FORM

Player Name: _____

Address: _____

Email: _____

Cell: _____

Parents/Guardian Name: _____

Medical #: _____

Send completed application
and cheque payable to:

THE ULTIMATE STRIDE

Portage Camp
c/o Darren Durdle
249 Caithness St.
Portage, MB R1N 3S5

or by eTransfer to: docsclan@shaw.ca

COST: Before April 30, 2026 - \$395.00
After April 30, 2026 - \$425.00

PLAYER PROFILE:

Team: _____

Position: _____

Birthday: _____

Month / Day / Year Age

Male Female

Jersey Sizes:

Youth: Medium _____

Large _____

X-Large _____

Adult: Small _____

Large _____

X-Large _____

ABOUT THE CAMP

Hockey is a game of
EXPLOSIVE, QUICK MOMENTS the key
FACTORS needed for
EXPLOSIVE SKATING are:

1. BALANCE
2. TRUNK STABILITY
3. LEG QUICKNESS
4. LEG STRENGTH
5. DEEP KNEE BEND

Our Camp is designed to improve
skaters in **ALL** these areas

Each group will be limited to 30 skaters
with 4 instructors to assist in the
Correction and Development of the skater.



ON ICE PROGRAM

On Ice Program includes 2, 1 hour
sessions per day directed at improving
skating **technique** and **leg quickness**.
The players will change their skating
technique through on ice demonstrations
and repetition of specific
skating movements
which develop
**balance, speed,
agility, and
quickness.**



CAMP DIRECTOR Darren Durdle

- Bachelor of Education
- Brandon U Bobcat Hockey Program
- 12 years playing Pro in Europe
- Coach Portage Minor Hockey
- Coaching Hockey Development program through PMHA

CAMP DATES: PORTAGE AUGUST 10-14, 2026