



Summer Separation Camp

Dates:	Wednesday August 12 to Friday August 14, 2026
Ages:	2016 to 2012 only
Level:	AA/AAA players
Numbers:	16 players maximum
Cost:	\$250 (HST Included) or \$90 drop-ins
Time On-ice:	10-11 am with Mike Calabrese
Location:	LIUNA 4 Ice Centre
Dryland:	11:30-1230 pm with George Rusich
Location:	Body Buddhist - 406 Pritchard Rd Unit 26 Hamilton ON L8W 3R6 Tel: 905-643-4822

On-ice focus is power skating, shooting, puck protection, wall retrievals, Hockey IQ, small area games and compete

Dryland focus is single leg stability and balance, seamless change of direction and pace, acceleration and deceleration, hip and glute explosiveness, lateral quickness and multiplanar movement, and body control with spatial awareness.

