



Pursuit of Your Excellence Camp September 7th-8th 2019

Purpose: Pursuit of Your Excellence Camp will provide U14-U16 athletes at all levels with high-performance on ice training, high-performance coaching, and high-quality evidence-based sport and science service.

Highlights of what the athletes will gain:

- A better understanding of the game
- How to pursue common goals within a team environment
- Pursuit of personal goals – goal setting session
- Injury Prevention and Care Session - Sport Medicine Science Council

Expectations:

- Please arrive 45minutes before each ice time for warmup
- Please bring runners, warmup clothes, equipment-including dark and light jersey, and water bottle
- Come with the willingness to learn
- Prepare to meet some new friendly faces

Schedule:

Saturday, September 7th, 2019

Events	Start	End	Rink
Ice Time	10:30	11:30	C3
Goal Setting	1:30pm	2:30pm	Fieldhouse
Ice Time	3:30pm	4:30pm	C2
Sport Medicine Science Council	7:30pm	8:30pm	Fieldhouse

Sunday, September 8th, 2019

Events	Start	End	Rink
Ice Time	10:45	11:45	C3
Ice Time	2:00pm	3:15pm	C6

Coaches:

- Darrell Liebrecht - Competition Development Certified
- Donnell Schoenhofen – Competition Development Certified
- Carrie Livingstone – Ringette Saskatchewan Technical Director/CI Certified
- Chandria Yang – CI Certified
- Amanda Schnell – CI Certified/Goalie Coach
- Adam O’Neil – Certified Athletic Therapist - <http://www.oneillsportstherapy.com/about.html>