



THE CHOICE OF PARENTS, PLAYERS & MINOR HOCKEY FOR 43 YEARS!

2023



# Summer Hockey Programs

All programs offered at Pitt Meadows Arenas

WWW.RPMHOCKEY.COM

Age	Program Type	Dates	Level	Time	Cost
U6-U13	New to Hockey (Beginners)	Jul 31 - Aug 4	Entry	12:15-1:15pm	\$210
U6-U9	Power Skating & Hockey Skills+	Jul 31 - Aug 4	Recreational	1:30-2:30pm	\$210
U11-U13	Power Skating & Hockey Skills+	Jul 31 - Aug 4	Recreational	2:45-3:45pm	\$210
U11-U13	Forward & Defenceman	Jul 31 - Aug 4	Rep Level	4:00-5:00pm	\$230
U15-U18	Forward & Defenceman	Jul 31 - Aug 4	Rep Level	5:15-6:15pm	\$230
U9-U13	Power Skating Only	Aug 8 - Aug 12	Recreational	2:45-3:45pm	\$210
U6-U9	Puck Control & Shooting	Aug 8 - Aug 12	Recreational	4:00-5:00pm	\$210
U11-U13	Puck Control & Shooting	Aug 8 - Aug 12	Recreational	5:15-6:15pm	\$210
U11-U13	Conditioning (Rep Prep Camp)	Aug 8 - Aug 12	Rep Level	6:30-8:00pm	\$310
U15-U18	Conditioning (Rep Prep Camp)	Aug 8 - Aug 12	Rep Level	8:15-9:45pm	\$310
U6-U13	New to Hockey (Beginners)	Aug 14 - Aug 18	Entry	1:30-2:30pm	\$210
U6-U9	Power Skating & Hockey Skills+	Aug 14 - Aug 18	Recreational	2:45-3:45pm	\$210
U11-U13	Power Skating & Hockey Skills+	Aug 14 - Aug 18	Recreational	4:00-5:00pm	\$210
U11-U13	Hockey Tough	Aug 14 - Aug 18	Rep	5:15-6:15pm	\$230
U15-U18	Hockey Tough	Aug 14 - Aug 18	Rep	6:30-7:30pm	\$230
U6-U9	Puck Control & Shooting	Aug 21 - Aug 25	Recreational	12:15-1:15pm	\$210
U11-U13	Shooting Clinic	Aug 21 - Aug 25	Rec/Rep Level	1:30-2:30pm	\$210
U11-U13	Skills & Drills	Aug 21 - Aug 25	Rec/Rep Level	2:45-3:45pm	\$210
*Combo Special - Take Both the Shooting Clinic & Skills & Drills for only \$350					
U15-U18	Shooting Clinic	Aug 21 - Aug 25	Rec/Rep Level	4:00-5:00pm	\$210
U15-U18	Skills & Drills	Aug 21 - Aug 25	Rec/Rep Level	5:15-6:15pm	\$210
*Combo Special - Take Both the Shooting Clinic & Skills & Drills for only \$350					

#### Age Groups

NHP - New to Hockey - 5-12yrs  
U9 - Hockey 1-4 - 6-8yrs  
U11 - Atom - 9-10yrs

U13- Pee Wee - 11-12yrs  
U15-Bantam - 13-14yrs  
U18-Midget - 15-17yrs

#### Levels - Pls check the level of each program

New to Hockey - Beginners  
Recreational - Average Players  
Rep Level - Upper Ended Players



# Summer Program Description



## Age Groups

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**U11 - Atom - 9-10yrs**

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**U15-Bantam - 13-14yrs**

**U18-Midget - 15-17yrs**

## Levels

**New to Hockey - Beginners**

**Recreational (C) - Average Players**

**Rep Level - Upper Ended Players**

## Beginner Programs

### New to Hockey - Entry Level (3-5yrs) & (6-12yrs)

RPM will get the players started with basic skating and puck skills. We combine just the right amount of instruction with social interactive play. An excellent opportunity to gauge the interest of your player as he or she tries their hand at hockey. Make your first experience a great one! All CSA Hockey Equipment required.

## Recreational Programs

### Power Skating Hockey Skills for U9 or U11/U13

Available to Recreational & Rep Players

This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots. This program also includes puck control, passing, shooting and controlled contact. RPM takes the power skating aspects of this program and instructs how it relates to puck skills. This school offers a comprehensive, well rounded delivery of all skills one must acquire and develop to play the game.

### Power Skating Only for U9 or U11 & U13

Available to Recreational & Rep Players

This program includes national level instruction in Power Skating (Can Power Skate) Instruction includes balance, edge work, tight turns, cross overs, stride, stopping, starts, backwards, backwards crossovers and pivots.

### Puck Control & Shooting for U9 & U11/U13

Available to recreational & rep players & Goaltenders Instruction includes: Stick Handling vs Puck Control, what techniques (moves) to apply when, how and why. All the fancy moves only work if and when you can get your opponent to commit. The finish: focusing on the wrist shot, backhand, snap, slap, flip shots, breakaways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges (skating), select moves (puck control) enabling the player get past their opponent and (shooting) with speed, power, accuracy and off both legs.

### Skills & Drills for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders RPM provides just the right blend of technical skill instruction and fast paced flow drills. Lots of skating, puck movement, shooting using our most popular flow drills. An excellent opportunity to get back on ice and ready yourself for the upcoming season.

### Defenceman Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders Program includes backwards skating and acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact and blocking shots!

### Shooters Program for U11/U13 & U15/U18

Available to Recreational & Rep Players & Goaltenders Technical Instruction includes: wrist shot, backhand, snap, slap, flip shots, break aways, bad angle shots, deflections, driving the net and coming out from behind the net. This program connects the proper use of edges to enable the player to shoot with speed, power, accuracy and off both legs.

## Rep Level Programs

### Rep Prep Conditioning Camp for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders Conditioning Camp is available for those players preparing for their tryouts! RPM provides you with a fast paced on ice environment that includes conditioning and lots of flow, not only will we get you in game shape, we will have you ready to compete. This conditioning Camp is placed the week prior to most minor hockey try-outs we will have you ready to do your best! RPM presents drills that are common with association tryouts and we will offer helpful hints as to what the evaluators look for. Our goal is to help you showcase your skills.

### Rep Defencemans for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Offers REP LEVEL Defenceman the opportunity to 'fine tune' their skills. Program includes backwards skating, acceleration, pivots, shooting from the point, reading the play, understanding passing and rushing lanes, headmanning the puck, how to play 1-1, 2-1, 3-1 and 3-2, controlled contact, gap control, angling and blocking shots! This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

### Rep Power Forward for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Offers the REP LEVEL player the opportunity to refine their skills, designed to focus on the 'unique' needs of the hockey forward. Players will learn how to fore-check, back-check, control check, cycle, pivot, tight turn, beat the player 1-1, face-off, avoid physical checks, angle and gap control. We will also instruct 'sniper' concepts that will give you the skills to establish yourself as power forward with the 'finish' of a goal scorer. This program has a restricted class size, lower student/instructor ratio, providing additional individual attention.

### Hockey Tough for U11/U13 & U15/U18

Available to Rep Level Players & Goaltenders

Hockey Tough is about imposing your will on your opponent. Outworking your competition, channeling your best effort on a daily basis. Realizing that if you put in the Effort... you will reap the Reward. Whether you are trying to protect the puck, clear your zone, vying for position, beating your opponent to a loose puck - hockey is a game comprised of individual and group battles. On Ice is a combination of technical, tactical, flow and conditioning. Hockey Tough teaches you all the little things you need to know that no one ever teaches you. Hockey Tough will focus on further developing a players compete level and refines their skills. Content includes small area skills, puck protection, controlled contact, 1 on 1 and 2 on 1. Players will be grouped according to size and ability. If your goal is to play at the next level this program is a must.

