



Ice Hockey Australia Women's Council Women's Development Camp

Adelaide, September 24th - 25th, 2011

Saturday 6:30am - 7:00pm

Sunday 8:30am - 6:30pm

A fun camp including skill development sessions and scrimmage games
Open to current IHA registered female players

Daily skills sessions will focus on skating, puck control & shooting:

- 3 x 1hr on-ice skill sessions
- 3 x 1.25 hr games
- 1 hr off ice strength training session
- 1 hr off ice puck control session
- 2 x 45min classroom sessions

All players will receive take home resources to support their continued development

The winning team will receive **Gold Medals**



Cost: \$180 per player (does not include transport, accommodation or food) You must make your own arrangements

Registration: Email for a registration for and return the registration form and confirmation of payment before August 26th, 2011, to:
icehockeywomenscouncil@gmail.com

National Team or AWIHL players need to contact Rocky Padjen to determine their eligibility to participate

Contact: For more information email the above address or contact Melissa Daniel at ice_hockey_melissa@hotmail.com

Bank details: Commonwealth Bank
Australian Ice Hockey Federation Inc.
Women's Development Program
BSB: 065 108
ACC: 102 68092