



# BRIANNE JENNER<sup>19</sup>

## HOCKEY ACADEMY

### FEMALE HOCKEY DEVELOPMENT ST. CATHARINES

at SEYMOUR-HANNAH REC CENTRE



Olympic Team Ass't Captain  
Olympic Gold and Silver Medalist  
Skills Coach U of T Women's Hockey  
Ten yrs with National Team

#### SPRING PROGRAMS

- |                          |             |                |
|--------------------------|-------------|----------------|
| • FEMALE SKILLS CLINIC   | (6-8 yrs)   | 5:30 - 6:30 pm |
| • REP FEMALE DEVELOPMENT | (9-11 yrs)  | 6:30 - 8:00 pm |
| • REP FEMALE DEVELOPMENT | (12-14 yrs) | 8:00 - 9:30 pm |

#### JUNE 1 & 3RD

#### SUMMER PROGRAMS

- |                     |                      |                |
|---------------------|----------------------|----------------|
| • SPEED DEVELOPMENT | (8-10 yrs, 11-13yrs) | 12:00-2:30pm   |
| • HOCKEY IQ         | (9-11 yrs)           | 1:00 - 4:00 pm |
| • REP HOCKEY IQ     | (12-14 yrs)          | 2:30 - 5:30 pm |

#### AUG 10-14TH

See reverse side for program info



#### HOCKEY INTELLIGENCE!

- foot speed and acceleration
- decisions under pressure and in small spaces
- competitive instincts
- reading and reacting
- playing FAST!

REGISTER AND / OR INFO

[www.jennerhockey.com](http://www.jennerhockey.com) | 905-849-9712

# BRIANNE JENNER HOCKEY ACADEMY ST. CATHARINES

## SPRING PROGRAMS JUNE 1<sup>ST</sup> AND 3<sup>RD</sup>

### **Female Clinic**

(Ages 6-8) 5:30-6:30 pm

**\$59+hst (goaltenders \$39)**

General skills emphasizing skating techniques and puck-handling. Fun and challenging!

### **Rep Female Development**

(Ages 9-11) 6:30-8:00 pm

**\$88+hst (goaltenders \$43)**

Emphasizing speed and decision-making in game-like situations. Increasing footspeed, protecting the puck and small area drills to develop "hockey intelligence".

### **Rep Female Development**

(Ages 12-14) 8:00-9:30 pm

**\$88+hst (goaltenders \$43)**

As per program above

## SUMMER PROGRAMS AUGUST 10-14

### **Speed Development**

(Ages 8-10, 11-13) 12:00-2:30

**\$229+ hst (goalt \$109)**

Learn to play the game FAST. The 1 hr daily on-ice sessions develop stride efficiency, agility, power, explosive starts, lateral mobility. A pre-ice session targets the on-ice plan. Players are "thinking" the skill when they hit the ice.

### **Hockey IQ**

(Ages 9-11)

1:00-4:00

**\$329+hst (goalies \$149)**

For the player that wants to take their game to the next level, anticipating plays and 'thinking' the game at top speed. Many challenges to read plays, react to transition, recognize numbers, with repetitions at game speed. Players will be primed as they head into the new season!

### **REP Hockey IQ**

(Ages 12-14)

2:30 - 5:30 pm

**\$329+hst (goalies \$149)**

For elite/rep players, the program emphasizes "thinking" the game at top speed with challenges described above, skills that separate the elite players from the pack.

For more information on St. Catharines and Oakville Programs, AND TO REGISTER, visit [www.jennerhockey.com](http://www.jennerhockey.com)