



WHC Philosophy

For more than a decade, the World Hockey Centre has offered one of the most comprehensive skill development programs in North America. It is through our world class, professional training that we help our players reach their hockey goals. This is exemplified through our Head Instructor, Vicky Sunohara, who has won 18 medals with Canada's National Women's teams. Vicky will be bringing some of the world's most sought after hockey instruction to the World Hockey Centre.

WHC Training

Skill development and conditioning are the essential elements of our training program. Endurance, quickness and agility are all finely tuned on the ice, while weight training, conditioning and off-ice shooting are a part of our dryland training. Off-ice, players will make use of our obstacle course, ball hockey court, outdoor shooting lanes, weight room and spin bikes.

Players receive:

- 1.5 hours of skill development per day
- 1 hour officiated game per day
- 2 hours of dryland training per day

Goalies receive:

- 1 hour of skill development per day
- 1 hour of goalie specific training per day
- 1 hour officiated game per day
- 2 hours of dryland training per day

Additional ice time may be available, and everyone has full access to the WHC training facility.

WHC Staff

Rick Sage - Camp Director

Vicky Sunohara - Head Instructor

- Canadian Women's National Team
- 18 Championship Medals
- 8 World Championships
- 3 Olympic Medals
- 8 x 4/3 Nations Cup/Torino Ice
- Captain of the Brampton Thunder of the CWHL



John Ceci - Goalie Coach

- IHL - Muskegon Lumberjacks
- CHL - Laredo Bucks
- ECHL - Las Vegas Falcons
- OHL - Owen Sound Attack

Last summer's guest instructors:

- Jayna Hefford - Canadian Women's National Team
- Lori Dupius - Canadian Women's National Team
- Jillian Ferrari - Canadian Women's National Team

All other program instructors are either experienced NCAA players, Olympic players, Pro players, College coaches or professional coaches.

2010 Dates

- June 27 - July 10
- August 15 - August 28

2010 Pricing

\$1500 CDN for 2 weeks

Price includes:

- Ice time
- Dryland training
- Off-ice shooting
- WHC jersey and socks
- Room and board (meals included)
- Transportation to and from the airport

Typical Daily Schedule

- 7:00 am Wake up
- 7:15 am Breakfast
- 8:00 am Bus to rink
- 9:00 am On ice
- 10:30 am Dryland training
- 11:30 am Lunch
- 12:30 pm On ice
- 2:00 pm Bus to WHC
- 3:00 pm Dryland training
- 4:00 pm Free time
- 5:00 pm Dinner
- 6:00 pm Outdoor activities
- 8:00 pm Team building activities
- 10:00 pm Lights out



FACILITY

NHL - style dressing room, approximately 3,000 sq.ft in size, complete with full range of weight training equipment, Spin bikes, large screen Satellite TV system, complete Audio/Video system, and 170 individual player stalls.

Full-length soccer and baseball field, 2 shooting lanes, basketball court, ball hockey court, short-sprint sand-track and obstacle course can be found outside.

Commercial kitchen and cafeteria facilities. Recreational lounges with large screen satellite TV system, Video and DVD systems. Computer and Study Hall classroom with internet access.

Players dorms are located at both ends of the Centre, providing peace and quiet.

Future plans include indoor shooting lanes and an NHL size arena which will be open year round.



WHC Girls Skill Development Camp



The World Hockey Centre
#756028 2nd Line East
Shelburne, On L0N 1S8
Canada

To Register, visit our website or call:

TOLL FREE - 1.800.905.0270

LOCAL - 1.519.925.9989

FAX - 1.519. 925.6900

EMAIL - info@worldhockeycentre.ca

www.worldhockeycentre.ca



**IN RESIDENCE
GIRLS
SUMMER
HOCKEY TRAINING &
SKILL DEVELOPMENT**



VICKY SUNOHARA
3 time Olympian & Head Instructor

**Rep Players
11 & up**

