

**NRMHA / UPEI HIGH PERFORMANCE FALL CAMPS
FOR ALL FEMALE PLAYERS IN NRMHA AND
MATRIX ZONED FEMALE REGISTERED PLAYERS
SPONSORED BY NR SWEETHEART TOURNAMENT**



FALL CAMPS RUNNING BETWEEN September 16th- October 01, 2009

*****OPEN TO NRMHA & MATRIX ZONE REGISTERED PLAYERS
ONLY*****

Novice/Atom Female High performance camp.

- 5 x 75 minute sessions led by UPEI Coaching Staff/ Players and NRMHA Coaches
- Registration free to above if registered by September 01/09.
- After September 01, a \$75.00 fee will apply and camp will be open to any female player in the matrix zone.

Peewee High Performance Female camp for players born 1997-1998

- 5 x 75 minute sessions led by UPEI Coaching Staff/ Players and NRMHA Coaches
- Registration free to above if registered by September 01/09.
- After September 01, a \$75.00 fee will apply and camp will be open to any female player in the matrix zone.

Bantam High Performance Female camp for players born 1994-1996

- 5 x 75 minute sessions led by UPEI Coaching Staff/
Players and NRMHA Coaches
 - Registration free to above if registered by September 01/09.
 - After September 01, a \$75.00 fee will apply and camp will be open to any female player in the matrix zone.

Midget High Performance camp for players born 1992-1995

- 5 x 75 minute sessions led by UPEI Coaching Staff/ Players and
NRMHA Coaches
 - Registration free to above if registered by September 01/09.
 - After September 01, a \$75.00 fee will apply and camp will be open to any female player in the matrix zone.

The Following is the schedule for the camps:

Each time is 1 hour and 15 minutes.

Sept 16 & 23

4:40pm- Atom/Novice

6:05pm - Pee Wee

Sept 18 & Oct 1

5:40 pm- Bantam

7:05pm - Midget

Sept 20th, and 27th

2:50 pm - Atom/Novice

4:15 pm - Pee Wee

5.40 pm - Bantam

7.05-pm - Midget

Sept 26th .

10:30am- Atom/Novice

11:55am- Pee Wee

1:20pm- Bantam

2:45pm- Midget

To Register e-mail Mike Hammill at mike.hammill@isnhighspeed.ca With players name, position and playing level for the upcoming season. As noted above the committee of NRMHA'S Annual Sweetheart Tournament has committed to provide funding from previous tournaments to show appreciation for the volunteering of parents/players at past and future Sweetheart tournaments in the form of these development camps for female players! The dates of the 2010 Annual Sweetheart Tournament are February 18th-21st,2010.

Mike Hammill, Kevin Sentner, Brian King
Co-Chairs Annual Sweetheart Tournament