



Overview...

The ELITE FEMALE INTERNATIONAL SKATING DEVELOPMENT CAMP (ISDC) is designed specifically for the top female players in the game to dedicate one week to focus on their skating technique, speed, quickness, agility and skating efficiency and, at the same time, improve their ability to read the ice while using their top speed in game situations.



David Roy, one of the most respected skating coaches in the world, will be working directly with the players during every on-ice training session and during some (simulated skating) off-ice sessions and video sessions. David has worked as the skating coach for the Vancouver Canucks, Philadelphia Flyers, Dallas Stars, Canada's National Team, and Canada's Women's Olympic Team. Each year he and his staff work with over 2000 hockey players in the

summer at the Edge of Excellence Skating Camps. During the school year 120 players from around the world, male and female, billet in Kelowna, B.C. and attend David's Pursuit of Excellence Hockey Academy (POE).

During the camp, every player will have their skating videotaped and analyzed. Players will receive immediate bio-feedback on the ice through the use of on-ice video projection. The players then get to feel kinesthetically how it should feel when the proper skating technique is used. Off-ice the players will be doing simulated skating to help ingrain changes in their neuromuscular skating patterns. All of this will be combined with the opportunity to work daily off-ice on shooting or stickhandling in our 25,000 sq.ft. POE Training Centre. The

girls will use specific computerized training equipment like VERT, the Dynavision Board, and the Smart Speed System.

Camp Details...

Date: Monday, July 2nd through Saturday, July 7th, 2012. Players will be required to arrive on Sunday July 1st in time to attend our opening meeting at 7:00pm.

Location: Kelowna, British Columbia, Canada. Players can fly into Kelowna International Airport. For players wishing to drive all, or part, of the way, Kelowna is approximately a 6 hour drive from Seattle, Washington and a 4 hour beautiful scenic drive through the mountains from Vancouver, British Columbia.

Eligible Players: Any players wishing to participate in the ISDC must apply. Players applying should currently be playing at the U22 National and/or International Level or at the CIS/NCAA Division 1 Level.

Facilities: All on-ice sessions will be at Rutland Arena (15 minutes from Kelowna International Airport and 5 minutes from downtown Kelowna). All off-ice/skill development sessions will be at the 25,000 sq.ft. POE Training Centre (5 minutes from the Kelowna International Airport and 15 minutes from downtown Kelowna).

Daily Schedule: The following is a sample of a player's daily schedule for each of the 6 days. The time of day for different groups will vary but the components are the same:
2 hours on-ice skating development, 1 hour of off-ice training, 1 hour of skating related off-ice development (sim skate, VERT, video analysis), and a 1.5 hour game each day.

7:30am	Arrive at Rutland Arena
8:00am - 9:00am	On-Ice Development Session
9:15 am- 10:15pm	On-Ice Development Session
10:15am - 11:15am	Shower/Nutrition Break/Van Transport to POE Training Centre
11:30am- 12:30pm	Off-Ice Session at POE Training Centre
12:30pm - 1:30pm	Skating/Skills Development Session (Sim Skate, VERT, Video Analysis)
1:30pm - 2 :30pm	Back to Hotel (Meal)
2:30pm - 4:30pm	Rest for Game
4:30pm - 5:00pm	Pregame Meal
5:00pm - 5:30pm	Travel to Arena
5:30pm - 6:15pm	Pregame Off-Ice Warm Up
7:00pm - 8:30pm	Game

Fun...

On Saturday, you will experience the beauty and excitement of a 3 hour boat cruise exploring Lake Okanagan in Kelowna ... **and this is all included in the price of attending.** The players will travel in style aboard "The Executive Boardroom" Kelowna's Premiere Boat Cruise Charter. All functions hosted by POE for the ISDC, will be alcohol free. We have great golf packages and activities available at a very reasonable cost. Wednesday will be a "day off" of off-ice and skills training. Instead the players will hike a portion of the historic Kettle Valley Railway.



As you can see from the jam packed schedule, aside from the boat cruise, there is very little time to do anything but develop your skating to another level, train hard, and play hockey. However, any player who has had the POE "Experience", will confirm we have a way of making hard work and development FUN!



"David Roy's programs are on the cutting edge for skating and skill development for players of all ages. I have experienced this first hand through Dave's work with our Canada Women's Olympic Team and during the times I have attended his Junior/Pro camps in the summer. His focus is a holistic approach to development, focusing on the physical, mental, emotional and spiritual aspects of the game and life.

Hayley Wickenheiser, Canadian Women's Olympic Team



"One of my goals this past summer was to have my skating analyzed and to work hard at my technique in order to improve my speed and agility. I am fortunate to have David Roy, one of the top skating instructors anywhere in the world available to be might here in the Okanagan where I live in the off-season.

Dany Heatley, Minnesota Wild

Check out Dany's recent 'Before and After' skating video at www.pursuitofexcellence.ca