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# 2024 SOMANG HOCKEY INTERNATIONAL SUMMER CAMP

JULY 22, 2024~AUGUST 02, 20124 (2WEEKS)

**First come/First serve!**



[www.somanghockey.com](http://www.somanghockey.com)

# 2024 SOMANG HOCKEY INTL SUMMER CAMP

Period : July 22 ~ August 02, 2019 (2 weeks)

Location : Lachenaie Arena

(1050, rue Nationale, Terrebonne, QC, J6W 6C1)

Price : \$2370.00 CAD per week

\$4740.00 CAD/ for two weeks

Includes :

- On-ice training (total 30 hrs)
- Off-ice training (gym, 10 hrs)
- Games (10 hrs -games)
- Somang practice shirt
- Player evaluation and certificate
- Accommodation (Hotel, 2 meals –breakfast and lunch box)- 4 players per room
- Transportation (Airport, Daily (Hotel-Arena), and weekend activities)

## Schedule

- 9h~9h30 : Arrive at Lachenaie Arena
- 10h~11h30 : On-ice training (session 1: one hour and a half each group)
- 12h00~13h00 : Lunch
- 13h~14h : Off-ice training (-gym) (one hour each group)
- 14h30~16h: On-ice training (session 2 : one hour and a half each group)
- 17h~18h : Games (One hour each group)
- 18h30 : End of day

\*\*\* Schedule may change accordingly..



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## Training

-  On-ice hockey training by professional coaches
-  Individual skills development: power skating, skating techniques, stick handling, puck protection shooting, etc
-  Off-ice (Physical strength + individual corrections, etc)
-  Conference – theoretical lecture, discussion about game situation, player nutrition etc
-  Team play: positioning, defensive system, power play, shorthand, penalty kill, shoot out, cycling etc.
-  Goalie sessions: Basic position, Angles, Footwork, Butterfly block. Leg recovery, leg extension, Butterfly slides, 1234 behind the net, Breakaways system review and stick handling
-  Training with local players and players from all over the world, small-scale tournament
-  Daily games
-  Evaluation per player



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## ON - ICE TRAINING



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## OFF - ICE TRAINING



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## Hotel- Holiday Inn Laval



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## Transportation- bus



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## \* Registration and payment deadline

All applications and payments must be submitted by the deadline of June 15th. Registration can be sent upon demand.

### Payment schedule:

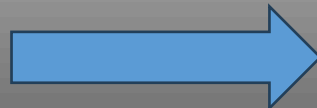
**Payment 1 (Deposit): By February 20th, 2024**

**Payment 2 : By April 15th, 2024**

**Payment 3: By June 15th, 2024**

## \*\* Payments should be sent to:

**Groupe Somang INC – Banking Information:**



<b>Recipient's Bank</b>	<b>Federation des Caisses Desjardins du Quebec</b>
<b>Bank Address</b>	<b>100, rue des Commandeurs, Levis Quebec, G6V 7N5, Canada</b>
<b>SWIFT</b>	<b>CCDQCAMM</b>
<b>Branch identification number/ Transit Number</b>	<b>CC081530022</b>
<b>Recipient's Account</b>	<b>0815 30022 0631820</b>
<b>Recipient's name</b>	<b>Groupe Somang Inc</b>
<b>Recipient's Address</b>	<b>2775, Rue du Pauillac, Terrebonne, Quebec, Canada, J6Y 2B3</b>





**THANK YOU!**



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