



CAMP DATE: July 20 - 23

Train With Champions. Become One.

Chasing Gold Hockey is a **girls-only hockey training camp** created for **U9 to U15 teams & individual players** who are serious about **developing their skills, confidence, and love for the game** - in a **safe, empowering, high-quality training environment**.

Chasing Gold Hockey is led by a dynamic coaching staff that includes **NCAA Division I athletes and former Team CANADA players** with **World Championship** experience.

Our coaches bring elite playing experience from the women's high-performance pathway, along with firsthand knowledge of what it takes to advance to the next level.

They bring:

- Experience competing at the NCAA Division 1
- A modern understanding of today's fast, evolving game
- Relatable mentorship for developing and emerging players

Athletes train with players who are passionate about helping the next generation build confidence, skill, and belief in their own potential.

Chasing Gold Hockey is a 4 day **focused hockey development experience** designed to enhance girls rep team players.

Monday - Thursday (8:00am to 12:00pm)

- Improve fundamental skills
- Learn game habits that translate
- Build confidence with the puck
- Feel supported while being challenged



Every day at **Chasing Gold Hockey** is intentionally structured to support **skill development, confidence, and overall athletic growth**.

Each athlete participates in **3 hours of guided training daily**, broken down as follows:

1 Hour On-Ice Hockey Training

- Skill-based, game-relevant drills
- Skating, puck control, passing, and decision-making
- Small-area games to build confidence and compete habits
- Instruction tailored to age and development stage

***This is where skills are introduced, reinforced, and applied in game-like situations.

1 Hour Fitness & Athletic Training

- Age-appropriate strength and movement training
- Speed, agility, balance, and coordination work
- Injury-prevention focused
- Designed specifically for developing female athletes

***This session helps players move better, feel stronger, and gain confidence in their bodies.

1 Hour Stick-Handling & Shooting Development

- Puck control fundamentals and progression
- Shooting mechanics and accuracy
- Repetition-based skill building
- Confidence with the puck in scoring situations

***This off-ice skill session allows players to slow things down, focus on technique, and build habits that translate directly to the ice.



🏆 WHY THIS STRUCTURE WORKS

By combining **on-ice training, fitness development, and focused skill instruction**, teams receive a **well-rounded 'CHAMPIONS' daily experience** that supports:

- ✓ Skill progression
- ✓ Confidence building
- ✓ Athletic development
- ✓ Long-term growth

Every session has purpose.
Every hour supports development.

🏆 WHY COACHES ARE CHOOSING - CHASING GOLD HOCKEY

- Positive hockey player role models
- A structured, supportive learning environment
- High-quality coaching without pressure or intimidation
- A focus on confidence, effort, and development

This is a skills training program where girls are:

- Encouraged to train harder
- Supported when challenged
- Celebrated for growth & leadership

The confidence built here shows up to start the season - and beyond the rink.

* Chasing Gold Hockey is proudly operated by [Durham North Athletics](#), an organization with an exceptional track record of delivering safe, well-organized, and development-focused youth sports programs. From registration and communication to staffing and on-site supervision, Durham North Athletics ensures every detail is handled professionally - so coaches and players can focus on learning and coaches can feel confident in their choice.