

SANFORD SPORTS

SPRING 2025 Hockey Academy Program

WHO: Youth Hockey Players Termites-Bantams

WHAT: Hockey power skating and skills training.

Each session includes 30 minutes on the hockey treadmill and 30 minutes of synthetic ice skills including but not limited to: stick handling, passing, and shooting drills.

*45 minutes synthetic ice skills for termites/mites.

WHEN: April 7th- May 30th (8 Weeks)

*Option A- Mondays/Wednesdays

*Option B- Tuesdays/Thursdays

-4-4:45pm- Mites/Termites (skills only)

-5-6pm- Squirts/10U

-6-7pm- PeeWee/12U

-7-8pm- Bantam/15U

WHERE: Training sessions to take place at Bismarck Sanford Sports facility.

COST: \$200/athlete

Maximum group size of 5 per session

HOW TO REGISTER:

Call our front desk at 701-323-1125

Or visit sanfordsports.com

