



**May 3<sup>rd</sup>, 2023**

**Northern Selects 23-24 ID Camp**

**Northern Selects ID Camp:**

The ID camp is open to all eligible u18 players (born 06-08) and will include as many u15 (09) players as we can accommodate. After the ID camp players are released and numbers are reduced significantly for our main training camp in August. There will be a parent meeting to discuss the process, our team, AP opportunities etc. Tentatively scheduled for after the scrimmage on June 1<sup>st</sup>.

To register for the ID camp please:

1. Fill out the registration form and send a copy to Craig Clarke at [bcraigclarke@gmail.com](mailto:bcraigclarke@gmail.com) and to [PaulaHalliday@hotmail.ca](mailto:PaulaHalliday@hotmail.ca)
2. The cost for the ID camp will be \$65.00. It can be paid by etransfer to Paula Halliday at [PaulaHalliday@hotmail.ca](mailto:PaulaHalliday@hotmail.ca) . If you are unable to pay via etransfer please let us know and the fee can be paid in person on May 31<sup>st</sup>, 2023.

**Tentative ID Camp Schedule:**

May 30<sup>th</sup> – 6pm -7:30pm – Fitness testing at The Pioneer Coal Athletics Field. The testing will primarily focus on a running component (length to be determined) and agility testing. In the event of rain, we will relocate to the Hector Arena in which case we will do the Beep test.

May 31<sup>st</sup> – 6pm-7pm and 7pm-8pm 1.0 hour practice/small area games- two groups – Wellness Centre- (7:30 to 8:30 and 8:30 to 9:30pm)

June 1<sup>st</sup> – 1.5 hours scrimmage (6:30-7:30)- may be extended to 8pm if we have larger numbers than expected

At the conclusion of ID camp we will be reducing our numbers to approximately:

3 goalies, 8-10 D, 12/13 F

We are planning on doing a follow up fitness testing session in early July.

I expect our regular training camp will open approximately August 28<sup>th</sup> with fitness testing followed by ice sessions.