

CAROLINE OUELLETTE HOCKEY CAMP

August 21-23, 2015

Credit Union Place East Link Arena
511 Notre Dame Street
Summerside, PEI
C1N 1T2



Our Mission

Held in partnership with Hockey Canada 2022 Project, Caroline Ouellette's Hockey Camps are designed to develop the individual skills of the under 18 players in PEI.

The 2014 edition included as coaches Olympians Julie Chu and Charline Labonté as well as CIS National Champions and McGill graduates Ann-Sophie Bettez and Cathy Chartrand. Our strategic plan will develop in a progressive manner the fundamentals aptitudes related to hockey and will contribute to the personal development of the players into better athletes.

Daily Camp Program includes

6 hours of ice (Skating Technique, Individual Puck Skills, Small Space Games).

3 off-ice training sessions (Strength, Power, Agility)

2 conferences on Olympic journey, College Recruitment, Training, Nutrition.

Autographs & Photos sessions

Goalies: Position specific drills daily with our goalie coach Olympian Charline Labonté.

Included: Hockey jersey and Lunch



Olympian Charline Labonté: Goalie coach

Feedback from 2014 Camp

"As a mom of two young girls, it can sometimes be hard to find positive female role models in a society of instant access to all forms of media. Hockey has provided them with the chance to be around strong, determined young women who are not afraid to be active and engaged and determined. And when they get the chance to meet and be taught by such inspirational and accomplished females like yourself and your fellow coaches, it is more than a dream come true... I hope that you all realize just how much of an impact you are having on today's girls and that they are so very lucky to have you all as examples of how they too can be the best. Thank you for coming to NL, and we hope to see you again soon, know that your influence will be felt for a long time..."

Melanie Parsons



Olympians Caroline Ouellette and Julie Chu

Reserve your camp participation at campcarolineouellette@gmail.com

For more information, www.carolineouellette.ca

About Caroline Ouellette

Caroline is a member of the National Women's Hockey Team since 1998. Caroline has won 4 Olympic Gold Medals (2014-2010-2006-2002) and is a 6-time IIHF World Champion. Caroline plays with the CWHL Montreal Stars and is a 3-Time Clarkson Cup Champion (2009-2011-2012). She graduated with honors from the University of Minnesota Duluth in 2005 with a degree in Criminology. She won the NCAA National Championship title with UMD in 2003.

Caroline was an assistant coach with the Concordia University Stingers in 2012-2013. From 2006 to 2008, she was assistant coach at UMD, winning the NCAA National title in 2008. She won a silver medal at the IIHF under 18 World Championship in 2009 as an assistant coach with team Canada. Since 2012, Caroline is the owner of hockey camps in Montreal, New Brunswick and Newfoundland.



Cost: \$225 plus Tax

**For more information and to register:
www.carolineouellette.ca**