

OBJECTIVES

- To teach all the factors of becoming an explosive skater
- Low student to instructor ratio to maximize correction of skating habits.
- To combine fun with sound fundamental skating technique

Tentative Schedule / 5 Day Camps

Group #	Ice	Off Ice	Ice
#1 Ages 7/8/9	8:00am 9:00am	9:15am 10:00am	10:30am 11:30am
#2 Ages 10/11/12	9:15am 10:15am	10:30am 11:15am	11:45am 12:45am
#3 Ages 13/14/15	1:00pm 2:00pm	2:15pm 3:00pm	3:30pm 4:30pm

Tentative Schedule / 3 Day Camps

Group 1	8:00am - 9:00am 10:30am - 11:30am
Group 2	9:15am - 10:15am 11:45am - 12:45am
	No Dry Land

email: ultimatestride@sasktel.net
www.theultimatestride.com
cell number: 306.536.2906

OFF ICE SESSIONS

ALL OFF ICE sessions are geared towards Hockey specific training and include 1 hour per day (ages 9 and up).

- Plyometrics
- Quick Feet
- Explosive Power
- Transitions

* 7 and 8 Year Olds

- Games that include hand/eye co-ordination
- Soccer
- Relays
- Fun Games

THE ULTIMATE STRIDE SASKATCHEWAN

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HOCKEY'S EXPLOSIVE SKATING SCHOOL



FUN	STRIDE
POWER	LEG QUICKNESS
FOOT SPEED	AGILITY & BALANCE
SKATING TECHNIQUE	DRYLAND-QUICK FEET
DRYLAND - PLYOMETRICS	LEARNING & CORRECTION

THE ULTIMATE STRIDE CAMPS

MALES & FEMALES AGES 7-15

Cooperators Centre (Regina) July 6 – 10, 2026	Regina Mini Camp August 28, 29, 30, 2026 Cooperators Centre
Yorkton, SK August 3 – 7, 2026 Westland Arena	No Dryland

CAMP INSTRUCTOR: Bruce Thompson

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REGISTRATION FORM

Player Name: _____

Address: _____

Postal Code: _____ Email: _____

Pick a Camp: ☐ Yorkton ☐ Regina ☐ Regina
Mini Camp

Phone: Home: _____

Parents/Guardian Name: _____

Medical #: _____

Email completed application and etransfer the fee
to: ultimatestride@sasktel.net

OR

Complete registration form on the website and
ettransfer the fee to ultimatestride@sasktel.net

COST: 5 Day Camps: Early Bird \$370.00
After March 31, 2026 – \$395.00
Mini Camp: \$260.00

PLAYER PROFILE:

Team: _____

Position: _____

Birthday: _____
Month / Day / Year Age

Male ☐ Female ☐

Jersey Sizes: (No Jersey for Mini Camp)

Youth: Medium _____

Large _____

X-Large _____

Adult Small _____

Medium _____

Large _____

X-Large _____

ABOUT THE CAMP

Hockey is a game of
EXPLOSIVE, QUICK MOVEMENTS the key
FACTORS needed for
EXPLOSIVE SKATING are:

1. BALANCE
2. TRUNK STABILITY
3. LEG QUICKNESS
4. LEG STRENGTH
5. DEEP KNEE BEND

Our Camp is designed to improve
skaters in **ALL** these areas

Each group will be limited to 30 skaters
with 4 instructors to assist in the
Correction and Development of the skater.

ON ICE PROGRAM

On Ice Program includes 2, 1 hour
sessions per day directed at improving
skating **Technique** and **Leg
Quickness**. The players will
change their skating
technique through on
ice demonstrations and
repetition of specific
skating movements which
develop **balance,
speed, agility** and
quickness.



Camp Instructor

Bruce Thompson

- Bachelor of Education
- Coach U of R Cougars for 5 years
- Coach Nipawin Hawks for 7 years
- Coach Weyburn Redwings for 4 years
- Played for Brandon University, Brandon Wheat Kings, Melville Millionaires and Sask Minor Hockey
- 15 years Minor Hockey Coach
- Northern Ontario Hockey Hall of Fame
- S.J.H.L. Hockey Hall of Fame

Camp Motto

*It's not about being the best,
it's about trying your best*

CAMP DATES:

- COOPERATORS CENTRE (REGINA) JULY 6 – 10, 2026
- YORKTON AUGUST 3 – 7, 2026
- REGINA MINI CAMP AUGUST 28, 29, 30, 2026