

## Spring Camps

Spring Camps are all half power skating, half hockey skills. These five-week camps through April and May are a great time to improve skills during the off-season. It's also a good opportunity to maintain what players have learned through the winter, bridge the gap until summer camps, and not return a step back from where they finished. Sessions will be divided between power skating and puck skills.

**CAMP 1 U7 Sundays 4:00 – 5:00 p.m.**  
Cost: \$339 + GST Castledowns/Grand Trunk Arenas  
5 weeks starting April 6/2025, ending May 11/2025  
Description: This is a beginner level power skating class with a focus on learning basic hockey skills in an atmosphere of FUN! It is not a learn to skate class so skaters must have some previous skating experience.

**CAMP 2 U9 Sundays 5:00 - 6:00 p.m.**  
Cost: \$339 + GST Castledowns/Grant Trunk Arenas  
5 weeks starting April 6/2025, ending May 11/2025  
Description: This U9 level camp is for players with some past skating and/or hockey experience. Players should have some basic skating and puck skills.

**CAMP 3 U11/13 Sundays 6:15 - 7:30 p.m.**  
Cost: \$379 + GST Castledowns/Grand Trunk Arenas  
5 weeks starting April 6/2025, ending May 11/2025  
Description: Players in this camp should have good skating and puck skills and be looking to improve technique. Drills will progressively become higher tempo and involve more game situations.

**CAMP 4 U15/U18/Jr/Adult Sundays 7:45 – 9 p.m.**  
Cost: \$379 + GST Castledowns/Grand Trunk Arenas  
5 weeks starting April 6/2025, ending May 11/2025  
Description: This camp is for serious players committed to fine tuning their skating, maintaining conditioning, and strengthening puck skills. All skills will be integrated into high-tempo game situations. This camp will blend into semi-private sessions offered July – August and then wrap up at Summer Camp for a full season of quality technique training.

## Summer Camps

**All summer camps take place August 11 – 15, 2025 @ Castledowns Arena.**  
Summer Camps are for hockey or ringette players wanting to improve SKATING TECHNIQUE and CONDITIONING. Instructional focus is on skating skills, although pucks will be integrated at all levels so players can practice skills in game situations. All camps (with the exception of Learn to Hockey) include off-ice activity sessions related to skating skills and conditioning. All camps include a free jersey, and early booking discount is available.

**Camp A – LEARN TO HOCKEY 9 – 9:45 a.m. Cost: \$199 + GST**  
This camp is intended for the new player just learning to skate and/or planning to start playing in the upcoming season. No previous skating experience is necessary but standing independently on ice is required.

**Camp B – U7 9 – 10:45 a.m.**  
Cost: \$399 + GST Off-ice: 9 - 9:30 a.m. On-ice: 9:45 - 10:45 a.m.  
This camp is intended for the younger player with little hockey experience or just planning to start playing in the upcoming season. No previous power skating is necessary; however, it is not a learn-to-skate class, and players should have some skating experience. This camp is also a good opportunity for the younger player to experience the “hockey school” concept in a shorter time span and with a focus on FUN!!

**Camp C – U9 9:45 – 12 noon**  
Cost: \$489 + GST Off-ice: 9:45 - 10:30 a.m. On-ice: 11 – 12 noon  
This camp is intended for U9 players wanting to improve their skating skills in a hockey environment. Although prior power skating is not a necessity, participants should have basic skating skills. Both on and off-ice sessions will be full of activity and fun while improving key skating techniques.

**Camp D – U11 10:45 a.m. – 1:30 p.m.**  
Cost: \$519 + GST Off-ice: 10:45 - 11:45 a.m. On-ice: 12:15 - 1:30 p.m.  
This camp is intended for U11 players wanting to improve their skating skills through technique training, as well as increasing conditioning with off-ice sessions and high-tempo on-ice drills. Participants should have good basic skating skills along with prior hockey experience, and be looking to improve themselves prior to evaluations.

**Camp E – U13/U15 12:15 – 3:15 p.m.**  
Cost: \$539 + GST Off-ice: 12:15 - 1:15 p.m. On-ice: 1:45- 3:15 p.m.  
This camp is for players wanting to improve their skating skills by learning the proper technique first and then incorporating into high-tempo drills. Off-ice sessions will be related to on-ice skills such as stride, power and quick feet and will also include stretching, conditioning, muscle development and more. Each day is something different so players will never get bored!!

**Camp F – U18/JUNIOR/ADULT 1:30 – 5 p.m.**  
Cost: \$549 + GST Off-ice: 1:30 - 3 p.m. On-ice: 3:30 - 5 p.m.  
This camp is for the advanced player committed to improving their skating and conditioning prior to the 2025/26 season. On and off-ice sessions will focus on speed, acceleration, agility, strength and power. Players should have strong skating skills and be looking to improve technique in specific areas of weakness. This camp will be demanding but players will really feel like they've accomplished something by week end!! \*\*For a complete summer training program, this camp is recommended as completion of the Edges Semi-Private Package.

## Registration Form

Class Selection (Circle)

### Spring Camps

1 (U7) 2 (U9) 3 (U11/U13) 4 (U15/U18/Jr/Adult)

### Summer Camps

A (Learn to Hockey) B (U7) C (U9)  
D (U11) E (U13/U15) F (U18/Jr/Adult)

### Summer Camp ONLY

Free Jersey Included

\$25 Early-Booking Discount for registrations received by March 1, 2025

Camp(s) Cost \$ \_\_\_\_\_

Less Discount - \_\_\_\_\_  
(If applicable – Summer Only)

Subtotal = \_\_\_\_\_

GST + \_\_\_\_\_  
(GST Reg. #88216 5723 RT0001)

TOTAL = \_\_\_\_\_

Payment by Cheque \_\_\_\_\_ Please make cheque or money order payable to: **Edges P.S.I.**  
(A \$25 fee will be charged for all returned cheques)

Payment by Visa \_\_\_\_\_ Mastercard \_\_\_\_\_

Card # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Authorizing Signature \_\_\_\_\_

## Registration Form

Player Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Birthdate \_\_\_\_\_  
Month Day Year

Last Level Hockey Played \_\_\_\_\_

Parent Name(s) \_\_\_\_\_

Phone \_\_\_\_\_ (other) \_\_\_\_\_

Health Care # \_\_\_\_\_

Health Concerns \_\_\_\_\_  
\_\_\_\_\_

Email address \_\_\_\_\_

How did you find out about the camp?  
\_\_\_\_\_

### Waiver

*No refunds or credits will be issued unless program is cancelled by Superskate Advanced Development Association or Edges Professional Skating Instruction. In the event of arena closures, non-expiring credits will be issued. In consideration of the benefits awarded to us by acceptance of this application, the undersigned agrees to save and hold harmless and release Superskate Advanced Hockey Development Association, Edges Professional Skating Instruction, Tammy Coley, all coaches and assistants, and any private or municipal rink of and from any and all claim rising from bodily injury and property damage sustained by the student. All skaters must wear full CSA Approved hockey equipment.*

Date: \_\_\_\_\_ Signature \_\_\_\_\_  
(Parent or Guardian)

## Schedule

### SPRING CAMPS:

**Sundays: April 13, 27, May 4, 11**  
Castledowns Arena  
11520 – 153 Avenue, Edmonton

**Sunday: April 6**  
Grand Trunk Arena  
13025 – 112 Street, Edmonton

**SUMMER CAMPS:** Schedule as on reverse - no changes.

### Also Available

Adult Power Skating

Private Lessons

Video Analysis

### Semi-Private Summer Sessions

For Players U15 & Older

### Fall/Winter Program

Learn to Skate Classes

Learn to Hockey Classes

20-week Power Skating Classes

Puck Handling & Shooting Camps

Goalie Training

For More Info:

[www.edgespsi.com](http://www.edgespsi.com)

### HOW TO REGISTER

- 1) **EMAIL** completed registration form & full payment to [coleytr@telusplanet.net](mailto:coleytr@telusplanet.net)
- 2) **MAIL** or **DROP IN MAILBOX** to:  
**EDGES P.S.I.**  
13017 – 137 A Street  
Edmonton, Alberta T5L 5A3

(NOTE: A CONFIRMATION EMAIL will be sent when registration is successfully processed. If you have not received a confirmation email, you are not registered and should contact us at [coleytr@telusplanet.net](mailto:coleytr@telusplanet.net)

Registration will be taken on a first come, first serve basis and **MUST** include full payment

Goalies welcome.  
Ringette players welcome.

All skaters are grouped by ability, not age or tier played.  
At the discretion of the coaches, some shifting of skaters to appropriate classes may occur after the first day or during the camp.

Participants **MUST** wear full hockey/ringette equipment and bring a stick.

For More Information

[www.edgespsi.com](http://www.edgespsi.com)  
or call (780) 454-6419

**Tammy Coley's**

**EDGES**

**SPRING**

**&**

**SUMMER**

**CAMPS**

**2025**

In Partnership with Superskate AHDA