

## Conroy Hockey 2025 Clinic Schedule

Checking Clinics	Defence Clinics
Battle Camps	Face Off Clinic
	ECTAS Weeks

		Activity	Location
<b>March</b>			
M/W/F Mar 24 & 26 & 28	<b>March Checking Clinic</b> Mon 6:30 to 9:15 pm Wed 6:30 - 9:15 pm Fri 4:45 - 7:30 pm	7.5 hrs of Checking Training	HDC
Thur Mar 27th	<b>March Battle Camp</b> Thur Mar 27th 5:30 - 8:15 pm <b>Kids aged 8 - 11</b>	2.5 hours of Battle Training	HDC
<b>July</b>			
Tues & Thur July 2 & 4	<b>D Clinic A: Intro to D</b> Mon Video Rev 6:30 - 7:30 <b>Tues:</b> Off ice 1:00- 2:00, On Ice 2:15 - 3:45 pm <b>Thur</b> Off Ice 1:30 - 2:00 On Ice 2:15 - 3:45 pm then 15 minutes review afterwards.	2 days totalling 5.75 hours	ECTAS
M/W/F July 14/16/18	<b>July Checking Clinic 1</b> M/W/F Off ice 12:30 to 2:00 On ice 2:30 - 4:00 pm	3 sessions totalling 9 hrs.	ECTAS
T/Th July 15 & 17	<b>D Clinic B: The DEFENSIVE ZONE</b> Mon Video Rev 6:30 to 7:30 <b>Tues:</b> 1:15 - 2:15 pm (off ice) 2:30- 4:00 pm (on ice) <b>Thur</b> Off ice 1:30 - 2:00 On ice 2:15 - 3:45 pm (on ice), then 15 mins of review off ice afterwards.	2 days totalling 5.75 hours	ECTAS
M/W/F July 21/23/25	<b>July Checking Clinic 2</b> M/W/F Off ice 12:00 to 1:30 On ice 2:00 - 3:30 pm	3 sessions totalling 9 hrs.	ECTAS
T/Th Def Clinic C July 22 to 24	<b>D Clinic C: D in the OFFENSIVE ZONE</b> Mon Video Rev 6:30 to 7:30 <b>Tues:</b> 12:45 - 1:45 pm (off ice) 2:00- 3:30 pm (on ice) <b>Thur</b> 1:15 - 1:45 pm (off ice) 2:00- 3:30 pm (on ice)), then 15 mins of review off ice afterwards.	2 days totalling 5.75 hours	ECTAS
<b>August</b>			
T & T Aug 5 & 7	<b>D Clinic: D in the Neutral ZONE</b> Video Training Mon 6:30 to 7:30 pm <b>Tues</b> Off ice 1:00 - 2:00 <b>On ice</b> 2:15 to 3:45 <b>Thur</b> Off ice 1:30 to 2:00pm <b>On Ice</b> 2:15 to 3:30pm then 15 mins of review off ice	3 day Mon/Tue/Thurs 5.5 hours Training	ECTAS
W & F Aug 6th & 8th	<b>Face Off Clinic:</b> Wed Off ice 12:30- 2:00 On ice 2:15 - 3:45 pm <b>Fri</b> On ice 2:15- 3:45	2 days Wed & Fri 4.5 hours of Training.	ECTAS
Aug 18 to 22	<b>ECTAS Week 1</b> Mon to Fri: 1:00 to 2:30 pm <b>All ages Conditioning Skate</b>	7.5 hours of Training	ECTAS
Aug 25 to 29	<b>ECTAS Week 2</b> Mon to Fri: 11:45 am to 1: 15 pm <b>All ages Conditioning Skate</b>	7.5 hours of Training	ECTAS
Aug 25th	<b>Aug Battle Camp</b> Mon 1:45 - 4:30 pm <b>Kids aged 8 - 11</b>	2.5 hours of Battle Training	ECTAS

**ECTAS East Calgary Twin Arena** 299 Erin Woods Dr SE.

**HDC. Hockey Development Centre** #117, 10710 25th St. N.E.