



RYAN RISIDORE DEFENSEMAN HOCKEY CAMP 2025

The MAK'S Hockey Academy Defensemen Camp is designed to provide the participant with an intense 10 hour program to enhance sound fundamental principles of the defenseman position.



Ryan Risidore

- Former Hamilton Bulldog
- Pro-experience with Hartford Wolf, Springfield Falcons, Indianapolis Ice, & Columbus Cottonmouths
- Skate Canada Power Skating
- Selected by Hartford Whalers round 5 in the 1994 NHL Entry Draft

Location:	Mohawk 4 Ice Centre
Dates:	Mon. Aug. 18 to Fri. Aug. 22, 2025
Time:	Daily 8:30 am to 4:00 pm
Ages:	Group # 1 (2014, 2015, 2016) Group # 2 (2011, 2012, 2013)
Details:	Goalies will be required. Limited to 24 Skaters per group
Price:	Regular Price: \$550 Family Price: \$500 (All prices include HST)

Typical Program Schedule

9:00 - 10:00 am	Off-Ice Training
10:00 - 10:15 am	Nutrition Break
11:00 - 12:00 noon	Power Skating & Puck Control for Defensemen
12:15 - 1:00 pm	Lunch (bagged)
1:00 - 2:00 pm	Ball Hockey, European Training Balls, LOG
2:00 - 2:15 pm	Nutrition Break
3:00 - 4:00 pm	Individual Defensemen Tactics
4:30 pm	Parental Pick-up



What To Bring:

- Hockey duffle bag containing full equipment and hockey stick.
- A smaller duffle bag containing: Running Shoes (should be worn to camp) Lunch (including several snacks); Water Bottle; Sun screen; Baseball hat (optional); and Jacket.

MAK'S Hockey Academy

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FOR MORE INFORMATION CALL

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Visit our website @ www.phlacademy.ca