



HELVETIC SUMMIT **CAMPS**

Helvetic Summit Advising Development Camps Five-Day High-Performance Development Experience

Camp Structure

- Five-day immersive development camp
- Two 90-minute on-ice sessions per day
- Structured warm-ups and cool-downs
- Daily video breakdown sessions tied directly to camp topics
- Position-specific and skill-focused instruction
- We will have a daily goalie sessions with our experienced goalie coaches

Our Topics We Focus On

- Skating mobility with and without the puck
- Shooting and scoring habits
- Stickhandling and puck protection
- Scanning and awareness
- Board plays and escaping pressure
- Shot blocking techniques

Performance & Player Development

- Comprehensive physical testing conducted at the start of camp
- On-ice and off-ice performance tracking
- Access to recovery equipment and guided recovery protocols
- Optional nutrition guidance during the camp week

Player Support & Experience

- Individual exit meetings with each player at the conclusion of camp
- Clear development feedback and next-step guidance
- Planned off-ice activities promoting team bonding and enjoyment
- Mentorship-driven coaching environment
- NHL AHL Swiss NL + SL SHL LIIGA KHL ICEHL coaching and playing experience personal

Equipment & Apparel Provided

- Tape and hockey accessories available for player use throughout the camp
- Official Helvetic Summit camp jerseys, socks, workout tee and shorts provided
- Players keep all provided apparel after the camp
- Recovery tools supplied (Ice bath, Normatec, rollers, stretch bands, and recovery drinks + food)

What Sets Helvetic Summit Camps Apart

Helvetic Summit camps are built around intentional development rather than short-term evaluation or exposure. Every session, drill, and meeting is designed with purpose, ensuring players leave with clarity, confidence, and a clear understanding of how to continue improving once they return to their team environment.

Our Five Development Pillars



Camp Investment

- Regional Camp: \$1,000 USD
- International Traveling Camp: \$3,750 USD

International camp fee includes flights, lodging, meals, and camp fees for the player. Families wishing to attend are encouraged to contact us and we will assist with hotel coordination.