

RENATA FAST & EMMA MALTAIS

ANNOUNCEMENT

2026 SUMMER HOCKEY CAMPS



CAMP 1: FAST & MALTAIS GIRLS SUMMER HOCKEY CAMP — July 13–17, 2026

Spots for Birth Years 2013 – 2018, Skill Levels from All Skill Level to AA & A

Lead Instructors: Renata Fast & Emma Maltais **Goaltending:** Elijah Milne-Price

Lace up and level up this summer! Olympians and Toronto Sceptres teammates Renata Fast and Emma Maltais are hosting a week of girls' hockey at Appleby Ice Centre in Burlington. Whether your player is just finding their stride or already chasing the next level, there's a group for them — with on-ice and off-ice sessions every day, goalie-specific coaching from Elijah Milne-Price, a custom jersey, and snacks to keep everyone fuelled. This is a chance to train alongside two of the best in the game!

AM Group 1 & 2	PM Group 1	PM Group 2
Birth Years 2016–2018 All Skill Levels (split) 9:30 AM – 12:30 PM Skaters \$575 Goalies \$475	Birth Years 2013–2015 All Skill Levels (split) 1:30 PM – 4:30 PM Skaters \$575 Goalies \$475	Birth Years 2013–2015 High Performance (AA & A) 1:30 PM – 4:30 PM Skaters \$575 Goalies \$475

All prices +HST. \$100/sibling discount available.

Each Day Includes:

- 90 min on-ice – skating, skills & small-area games
- 60 min off-ice – speed, coordination & teamwork
- Goalie coaching led by Elijah Milne-Price
- Custom jersey & apparel for each athlete
- Snacks provided daily

CAMP 2: HIGH PERFORMANCE WEEKEND CAMP — August 7–9, 2026

Birth Years 2010–2012 • AA & A Players Only

Renata and Emma are raising the bar with a three-day High Performance Camp built for AA and A players who want to know what training like an Olympian feels like. Off the ice, players get two gym sessions at Shield Performance in Burlington, a Forward/Defence video session, and a dedicated goal setting and mental performance session. On the ice, players get one dedicated position-specific session — Renata with the defenders, Emma with the forwards — plus three combined sessions where forwards and defenders train together, with specialized goaltending coaching throughout. The weekend wraps with an NCAA / U Sports / PWHL pathway discussion. Three days, two Olympians, one weekend to push your game to the next level.

Friday, August 7	Saturday, August 8	Sunday, August 9
1:00 PM – 4:00 PM 1.5 hr on-ice session 1 hr off-ice session Snacks provided	9:30 AM – 3:00 PM AM: 1.5 hr on-ice + 1 hr off-ice Lunch provided PM: 1 hr on-ice + 1 hr off-ice	9:30 AM – 12:30 PM 1.5 hr on-ice session 1 hr off-ice session Snacks provided

Skaters \$495 | Goalies \$400 | All prices +HST. \$100/sibling discount available.

REGISTER AT WWW.RENATAFAST.COM

