

RENATA FAST & EMMA MALTAIS

ANNOUNCEMENT

2026 SUMMER HOCKEY CAMPS



CAMP 1: 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	Birth Years 2013–2015 All Skill Levels (split) 1:30 PM – 4:30 PM	Birth Years 2013–2015 High Performance (AA & A) 1:30 PM – 4:30 PM

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

Each Day Includes:

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| <ul style="list-style-type: none"> • 90 min on-ice – skating, skills & small-area games • 60 min off-ice – speed, coordination & teamwork • Goalie coaching led by Elijah Milne-Price | <ul style="list-style-type: none"> • Custom jersey & apparel for each athlete • Snacks provided daily |
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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 speed and conditioning work, plus sessions on goal setting and mental performance. On the ice, it's position-specific — Renata with the defenders, Emma with the forwards — so every player walks away sharper at what they do. 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

REGISTER AT WWW.RENATAFAST.COM

