

Arctic Junior Fury **Spring House**  
USA Hockey Skills Progression  
Training Program

**BEGINNING: April 5 and April 6, 2014**

**FINISHING: June 21 and June 22, 2014**

10 weeks – One day per week – 90 minute ice slots

**NO ICE:**

**April 19 & 20 or May 10 & 11, 2014**

Saturdays: Squirts 8:30am-10:00am / Mites 1:30pm-3:00pm

Sundays: Bantam 8:30am-10:00am / Peewee 1:30pm-3:00pm

**Mites:** (2006, 2007, 2008) birth years.....\$225.00 per skater

**Squirts:** (2005, 2004) **Peewee:** (2003, 2002) and

**Bantam:** (2001, 2000).....\$250.00 per skater

The purpose of this program is to improve all youth hockey player's ability for maximum physical and psychological growth.

The training sessions have been designed to advance your hockey development and to cover all the fundamental skills essential to making you a better hockey player.

The first 45 minutes will focus on skill development; skating, puck handling, passing and receiving, shooting and angling/body contact.

The second 45 minutes will consist of small area drills and games to improve your over all team play of offensive/defensive support.

These training sessions will be taught by Chris Cimoch along with Arctic Junior Fury coaching staff.