SKILLS THIS CAMP FOCUSES ON...

The focus <u>FOR FORWARDS</u> enrolling in this camp will be skills and high flow drills. We will work on techniques to improve your puck control, skating, passing, and shooting while incorporating overspeed skating for quickness.

Tools learned in this camp:

- Finding open ice
- What to do with and without the puck
- Positioning in all 3 zones offensive, defensive, and neutral
- Being creative on 1 on 1, 2 on 1, 2 on 2, and 3 on 2
- When to shoot or pass
- Where to shoot for more scoring chances

If you are enrolling as <u>A DEFENSEMEN</u>, you will be learning proper technique for puck control, shooting, passing, backward skating, pivoting and transition balance for left to right.

Instruction will include:

- Front of net play
- Working the Corners
- Gap Control
- Puck protection
- How to use the stick
- Positioning
- When to jump up in the rush

FOR HOUSE,	BRONZE	, 200
SILVER PL	ayers o	ΠĹΥ

DATES AND FEES

WEEK 1 JULY 7 - 11					
WEEK 2 JULY 21 - 25					
<i>mites</i>					
SOUIRTS '					
PEEWEES					
Bantams					
ONLY \$400					
Fee includes a jersey and lunch					
GENERAL INFORMATION					
ICETIME! ICETIME! ICETIME!					
* 5 hours of Ice Time Per Day					
ICE TIME - WHAT EVERYBODY NEEDS!					
<u>SCHEDULE</u>					
9:00 - 11:00 ICE TIME					
11:00 - 11:50 LUNCH & GAMES .					
12:00 - 2:00 ICE TIME					
2:10 - 3:10 SCRIMMAGE					

For more information contact Chris Cimoch at 708.403.4231 x138

Ice Time Skills Camp – 2014 APPLICATION

STREET				
CITY				
STATE	2	<u>ZIP</u>		
PHONE (H)		(W)		
BIRTH DATE		HT	T	
USA HOCKEY #				
E-MAIL				
12-13 TEAM				
POSITION				
JERSEY SIZE				
CAMP YOU ARE ENI	ROLLING IN	N (CIRCLE O	NE)	
MITE	SQUIRT	PEEWEE	BANTAM	
HOUS	E	TRAVEL		
WEEK YOU ARE ENR METHOD OF PAY Please indicate the enclosed with App CASH Amount Enclosed S	MENT e method lication: CHECK	of payment	for \$400 (p CARD	
All returned checks ar NOTE: Do not forward c Make checks payable to	ash payment	s with mailed o		
Credit Card Users On	•			
□ Visa □ MasterC CARD #	Card LI Dis	cover 🗆 An	nEx Exp	
Full Name of Cardholder ((Please Print)	Signature of C	ardholder	
Hold Harmless Agreement I agree to release Arr shareholders, subsidiaries, dire actions, damages to or by the directly from the participation of harmless such participation of harmless such parties from c1 program, including all costs and the release and understand this lee Arena and have read over thereunder. I also agree that my na picture films, television broadca funds to holder in connection the	tric Ice Arena au ectors, officers, er undersigned per of such person ir laims, actions, c dexpenses incurr s is a full final rele r the agreement ame and image l asts, and/or in any	nployees, and all ag son, their parents/g h this program. I fu lamages or deman red in defending any ase of claims for inju and understand the may be used in per	ents from claims, ar uardians for loss o urther agree to inde ds, from such par such claims or actii ury and damages su le responsibilities l petuity in any phot	ctions, causes of finjury resultir emnify and save ticipation in th ons. I have rea ustained in Arct I have assume ographs, motic
Print Player Name			Signature	

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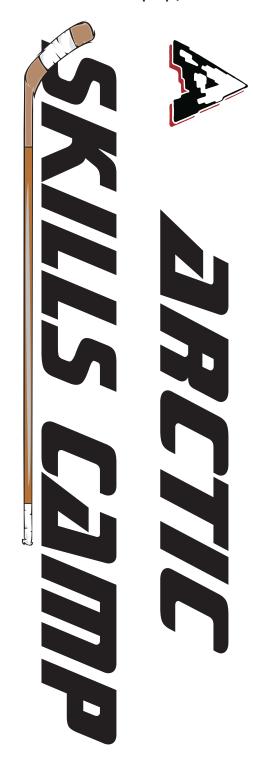
EOB THE PRICE TWICE THE ICE

*This camp is offered to House and Travel AA \A Players *Groups are separated by age and level of play to maximize development





Arctic Ice Arena 10700 West 160th Street 0rland Park, IL 60467 Phone 708.403.4231 Fax 708.403.4248







INSTRUCTORS

Darren McClusky Chris Cimoch Mitch Stevens Anocher Cimoch

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FOR MORE INFORMATION call 708-403-4231 x119 or 708.403.4231 x138