

## SKILLS THIS CAMP FOCUSES ON...

The focus **FOR FORWARDS** 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 **A DEFENSEMEN**, 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, AND SILVER PLAYERS ONLY**

## DATES AND FEES

# **JULY 13th-17th**

**MITES  
SQUIRTS  
PEEWEE  
BANTAMS  
ONLY \$400**

*Fee includes a jersey and lunch!*

## GENERAL INFORMATION

**ICE TIME! ICE TIME! ICE TIME!**

**\* 5 hours of Ice Time Per Day**

**ICE TIME - WHAT EVERYBODY NEEDS!**

## SCHEDULE

**10:00 - 12:00**

**ICE TIME**

**12:00 - 12:30**

**LUNCH**

**12:30 - 2:30**

**ICE TIME**

**2:40 - 3:40**

**SCRIMMAGE**

For more information contact  
Chris Cimoch at 708.403.4231 x138

# **Ice Time Skills Camp – 2015 APPLICATION**

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (H) \_\_\_\_\_ (W) \_\_\_\_\_  
BIRTH DATE \_\_\_\_\_ HT \_\_\_\_\_ WT \_\_\_\_\_  
USA HOCKEY # \_\_\_\_\_  
E-MAIL \_\_\_\_\_  
09-10 TEAM \_\_\_\_\_  
POSITION \_\_\_\_\_  
JERSEY SIZE \_\_\_\_\_

LEVEL YOU ARE ENROLLING IN (CIRCLE ONE)

MITES	SQUIRT	PEEWEE	BANTAM
	HOUSE	TRAVEL	

### METHOD OF PAYMENT

Please indicate the method of payment for \$400 enclosed with Application:

☐ CASH ☐ CHECK ☐ CREDIT CARD

Amount Enclosed \$ \_\_\_\_\_

All returned checks are subject to a \$25 NSF fee

**NOTE: Do not forward cash payments with mailed applications.**

**Make checks payable to: Arctic Ice Arena**

### Credit Card Users Only:

☐ Visa ☐ MasterCard ☐ Discover ☐ AmEx Exp. \_\_\_\_/\_\_\_\_

CARD # 

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Full Name of Cardholder (Please Print) \_\_\_\_\_ Signature of Cardholder \_\_\_\_\_

### Hold Harmless Agreement

I agree to release Arctic Ice Arena and any of its respective affiliates, owners, members, shareholders, subsidiaries, directors, officers, employees, and all agents from claims, actions, causes of actions, damages to or by the undersigned person, their parents/guardians for loss of injury resulting directly from the participation of such person in this program. I further agree to indemnify and save harmless such parties from claims, actions, damages or demands, from such participation in this program, including all costs and expenses incurred in defending any such claims or actions. I have read the release and understand this is a full final release of claims for injury and damages sustained in Arctic Ice Arena and have read over the agreement and understand the responsibilities I have assumed thereunder.

I also agree that my name and image may be used in perpetuity in any photographs, motion picture films, television broadcasts, and/or in any radio broadcasts of Arctic Ice Arena without payment of funds to holder in connection therewith.

Print Player Name \_\_\_\_\_ Signature \_\_\_\_\_

Print Parent/Guardian Name \_\_\_\_\_ Signature \_\_\_\_\_



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

## TWICE THE ICE FOR THE PRICE!

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



**LIMITED ENROLLMENT**



# ICE TIME ICE TIME

www.arcticicearena.com



## STAFF

Darren McClusky  
Head Instructor

Chris Cimoch  
Head Instructor

Mitch Stevens  
Assistant Instructor  
Camp Counselor

Jeremy Cimoch  
Assistant Instructor  
Camp Counselor

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

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