

## 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 18th-22nd

**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)  
 MITE    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 # 

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

### 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 \_\_\_\_\_



## STAFF

Darren McClusky  
Instructor

Chris Cimoch  
Instructor

Mitch Stevens  
Instructor

\*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



[www.arcticicearena.com](http://www.arcticicearena.com)

# Arctic



2016

# ICE TIME ICE TIME

**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**

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