

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 17th-21st

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

Fee includes lunch each day!

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 – 2017 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 **Circle** 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: **Please circle type of card**
Visa MasterCard Discover AmEx **Exp.** ___/___

CARD #

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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

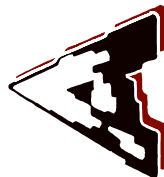
Chris Cimoch
Instructor

Jay Cimoch
Goalie 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

Arctic Skills Camp



Arctic



Skills Camp

2017

ICE TIME ICE TIME

TWICE THE ICE FOR THE PRICE!

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House & Travel Players
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age and level of play
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Limited Enrollment

Arctic Ice Arena

10700 West 160th Street
Orland Park, IL 60467

Phone 708.403.4231 Fax 708.403.4248

www.arcticicearena.com