

2025 ARCTIC JR FURY

INTRODUCTION TO ADM SKILL DEVELOPMENT PROGRAM

March 23 - June 22
ALL AGES WELCOME!



12 weeks - 2 ice slots per week 60 minute ice slot

NO ICE ON 4/20 OR 5/25 DUE TO HOLIDAYS

SATURDAYS AND SUNDAYS: 9:10am-10:10am

MAX ENROLLMENT - 35 PER ICE SLOT

\$600 per skater

NO REFUNDS

ADM Skill Development Program is geared towards beginner level players looking to get more comfortable and confident with their skating and puck skills before taking the leap to join a team for a full season in the Fall!

Purpose: To improve youth hockey player's ability, balance and coordination in a positive environment for maximum physical and psychological growth.

Using USA Hockey's ADM model of development and dividing the 60 minutes of ice time into practice stations, small area games and cross ice scrimmages to maximize player touches and reinforce recently acquired skills.

1. More touches per player.

Smaller spaces mean more opportunity for a player to touch the puck and ultimately improve their game.

2. Age appropriate training.

By shrinking the ice down to their level, we can get kids more involved and them learn skills quicker and easier.

3. Cost Savings

Because multiple teams share the ice, parents save on ice costs.

4. Increased Competition.

Because of the smaller ice surface, players of all skill levels will need to think and act quicker, resulting in more puck touches.



Arctic Ice Arena

For Hockey Class/League Questions Email:

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