



Holiday Skills Camp 2014-15

Tier, Travel and House Level Players

'06 – '96 Birth Years

December 22nd, 30th & January 2nd

Sharks Ice at San Jose

\$195 per player for three days

Lead Coaches:

Curtis Brown - Former NHL player (San Jose, Chicago and Buffalo,) Director of the Jr Sharks and Head Coach of Jr. Sharks 12AAA and Squirt 04 teams.

Mike Janda - Jr Sharks 14AAA and 15AAA Head Coach. Former NAHL, USHL and NCAA Division 1 player at RIT. Mike was most recently an Assistant Coach for the NAHL Springfield Jr. Blues.

Groups will be run though many different hand and feet drills as well as concept stations. Group size will be limited to 40 skater plus 4 goalies. This will ensure that there is a good work rest ratio for players.

Schedule:

Monday December 22nd

Tuesday December 30th

Friday January 2nd

(Daily schedule will be the same for all three days)

'06-'04 Age Group Schedule

8:15-9:15am , North rink - Ice session

9:30-10:30am, Gym - Off-ice training

10:45-11:45am , Conference Room - Lunch

12:00-1:00pm , North rink - Ice session

'03-'00 Age Group Schedule

9:30-10:30am , North rink - Ice session

10:45-11:45am, Gym - Off-ice training

12:00-1:00pm, Conference Room - Lunch

1:15-2:15pm, North rink - Ice session

'99-'96 Age Group Schedule

10:45-11:45am, North rink - Ice session

12:00-1:00pm, Gym - Off-ice training

1:15-2:15pm, Conference Room - Lunch

2:30-3:30pm, North rink - Ice session

All registration will be taken online. To register, please visit www.sjrsharks.com and read through the top stories. For any questions, please contact Robert Savoie at rsavoie@sharksice.com or Matt Adams at madams@sharksice.com.