



# Hockey Development Camp 2019

## Program Philosophy:

The Hockey Development Camp will provide elite training that includes off-ice strength/conditioning, on-ice skill development and practical classroom sessions. This program is geared to players aspiring to be AAA and/or future junior hockey players. Serious hockey players only!

## Player Eligibility:

The Hockey Development Camp is open to Tier skill level players, '08-'01 birth years. Additional players of similar skill level may also be accepted with Solar4America Hockey Department approval. Players will be grouped by skill and birth year.

## Format:

Participants will have four sessions a day on Mondays, Tuesday and Thursdays. On Wednesdays, teams will play games.

- Below is a sample daily schedule for Monday, Tuesday and Thursdays:
  - Session 1 - Off-ice skill instruction or classroom session
    - Passing/shooting techniques or classroom chalk talk to discuss hockey theory and related topics
  - Session 2 - On-ice practice
    - Individual skill development, game tactics and positional training with and without the puck
  - Session 3 - Off-Ice Strength and Speed Training
    - Review proper techniques of strength program designed to build power, increase speed and help with injury prevention
  - Session 4 - Practice On-Ice
    - On-ice individual skill development, game tactics and positional training with and without the puck
- On Wednesdays, players will be divided into teams to play games

<u>Details:</u>	<u>Coaches:</u>
<b><u>Dates:</u></b> July 15 <sup>th</sup> – August 8 <sup>th</sup> (4 weeks)	<b><u>Curtis Brown:</u></b> Former NHL player with San Jose, Chicago and Buffalo. Current Director of the Jr Sharks and Head Coach of Jr Sharks 12AAA team.
<b><u>Days:</u></b> Mondays, Tuesdays, Wednesdays and Thursdays	<b><u>Mike Janda:</u></b> Former NCAA DI player at RIT. Current Jr Sharks Director of Coaches and Head Coach of the Jr Sharks 16AAA team.
<b><u>Ages:</u></b> '01-'04, '05-'06 and '07-'08 birth year players, as well as current junior, college, and professional players.	<b><u>Nick Cafrelli:</u></b> Former NCAA DIII player at Framingham State. Current Jr Sharks Goaltending Coach.
<b><u>Skill:</u></b> AAA & AA skill level players.	<b><u>Jay Thomas:</u></b> Current Jr Sharks Strength and Conditioning Coach.
<b><u>Fee:</u></b> \$585 on or before June 18 <sup>th</sup> (complete) \$635 after June 18 <sup>th</sup> (complete) \$185 per week (select weeks to participate)	
<b><u>Sample Schedule:</u></b> 8:15-9:00AM - Off-ice shooting 9:30-10:30AM - On-ice practice 11:00-11:45AM - Dryland training 12:00-1:00PM - On-ice practice	

All registration will be done online at the Jr Sharks website, [www.sjrsharks.com](http://www.sjrsharks.com). Once there, click on the Camps & Clinics page. For any questions, please contact Robert Savoie at [rsavoie@sharksice.com](mailto:rsavoie@sharksice.com).