

# SHARPEN YOUR SKILLS

# PEP PREP

# FOR TRYOUTS



## PEP COACHES:

- ARTEM NEKEROV**  
SAN JOSE SHARKS SKILLS COACH
- CONNER LEE**  
JR SHARKS 10U & 12U YOUTH
- JON ZAVORSKAS**  
JR SHARKS 14U YOUTH
- RYAN DANNER**  
JR SHARKS 16AAA YOUTH

## GOALIE COACHES:

- DARREN YOUNT**  
JR SHARKS GOALIE & PACIFIC COAST GOALTENDING COACH
- MAX ROSENTHAL**  
JR SHARKS GOALIE & PACIFIC COAST GOALTENDING COACH

Power Edge Pro (PEP) utilizes Reactive Countering Training to engage multiple motor skills simultaneously and develop a player's small area game performance. PEP training forces players to move their feet and puck synchronously, creating separation from opponents and quicker decisions under pressure.

|                |                                      |   |   |
|----------------|--------------------------------------|---|---|
|                | <b>10U YOUTH (2015-16)</b>           | <b>12U YOUTH (2013-14)</b>                | <b>14U &amp; 16U YOUTH (2009-12)</b>      |
| Monday 6/9     | 5:00-6:00pm Grey                     | 6:15-7:15pm Grey                          | 7:30-8:30pm Grey                          |
| Tuesday 6/10   | 5:00-6:00pm Grey                     | 6:15-7:15pm Grey                          | 7:30-8:30pm Grey                          |
| Wednesday 6/11 | 5:00-6:00pm Grey                     | 6:15-7:15pm Grey                          | 7:30-8:30pm Grey                          |
|                | <b>10U &amp; 12U GIRLS (2013-16)</b> | <b>14U, 16U &amp; 19U GIRLS (2006-12)</b> | <b>14U, 16U &amp; 18U YOUTH (2007-12)</b> |
| Monday 6/9     | 5:00-6:00pm Sharks                   | 6:15-7:15pm Sharks                        | 7:30-8:30pm Sharks                        |
| Tuesday 6/10   | 5:00-6:00pm TechCU                   | 6:15-7:15pm TechCU                        | 7:30-8:30pm TechCU                        |
| Wednesday 6/11 | 5:00-6:00pm Sharks                   | 6:15-7:15pm Sharks                        | 7:30-8:30pm Sharks                        |
|                | <b>10U YOUTH (2015-16)</b>           | <b>12U YOUTH (2013-14)</b>                | <b>14U &amp; 16U YOUTH (2009-12)</b>      |
| Monday 6/16    | 5:00-6:00pm Grey                     | 6:15-7:15pm Grey                          | 7:30-8:30pm Grey                          |
| Tuesday 6/17   | 5:15-6:15pm TechCU                   | 6:30-7:30pm TechCU                        | 7:45-8:45pm TechCU                        |
| Wednesday 6/18 | 5:00-6:00pm Grey                     | 6:15-7:15pm Grey                          | 7:30-8:30pm Grey                          |

UPDATED GROUPS AND SCHEDULES

Open to 2006-2016 birth year players preparing for tryouts. Cost is \$120 for the three, high intensity, PEP training ice sessions, each 60 minutes in length. Space is limited to 24 skaters and 4 goalies per group so sign up fast.

REGISTRATION AND INFORMATION AT [WWW.SJJRSHARKS.COM/CAMPSANDCLINICS](http://WWW.SJJRSHARKS.COM/CAMPSANDCLINICS)