

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 15th-19th

**MITES
SQUIRTS
PEEWEEES
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 – 2019 APPLICATION

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

PHONE (H) _____ (W) _____

BIRTH DATE _____ HT _____ WT _____

USA HOCKEY # _____

E-MAIL _____

18-19 TEAM _____

POSITION _____

LEVEL / AGE: MITE SQUIRT PEWEE BANTAM

HOUSE TRAVEL

METHOD OF PAYMENT

CASH CHECK CREDIT CARD

Amount Enclosed \$ _____

All returned checks are subject to a \$25 NSF fee

Make checks payable to: **Arctic Ice Arena**

Type of Card (If Applicable)

Visa MasterCard Discover AmEx **Exp.** ____/____

CARD #

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Full Name of Cardholder (Please Print) _____ Signature of Cardholder _____

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

Pete Olson
Instructor

Chris Cimoch
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 Chris Cimoch
708.403.4231 - Ext.138

Arctic Ice Arena
10700 West 160th Street
Orland Park, IL 60467

www.arcticicearena.com

Arctic Skills Camp



2019

ICE TIME ICE TIME

**TWICE THE ICE
FOR THE PRICE!**

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Limited Enrollment

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