



TRAIN WITH THE PROS



STAFF

ICE TIME

TWICE THE ICE FOR THE PRICE!

***THIS CAMP IS OFFERED TO
HOUSE & TRAVEL PLAYERS
*GROUPS ARE SEPARATED BY
AGE AND LEVEL OF PLAY
TO MAXIMIZE DEVELOPMENT**

David Gust

- (USHL) Fargo Force 2011-2013
- (NCAA) The Ohio State University 2013-2017
- (AHL) Edmonton Oilers 2017-2019
- (AHL) Carolina Hurricanes 2019
- (AHL) Chicago Wolves 2020-2022
- (AHL) Rockford IceHogs- Current
- (NHL) Chicago Blackhawks- Current

Jeff Kubiak

(USHL) Chicago Steel 2011-2013
(USHL) Muskegon Lumberjacks 2012-2013
(NCAA) Cornell University 2013-2017
(AHL) New York Islanders 2017-Present



What's the camps focus?



FORWARDS

During camp, forward will be challenged through small area situations to simulate game like feels to help further their skill development, as well as full ice flow drills that will use the whole rink, teaching players how to get up and down the ice efficiently.

Strong focus on:

- Shooting and stickhandling
- Plays below the dots
- Ice Awareness
- Knowing what to do with the puck before and after you receive it.
- 1 on 1's, 2 on 1's, 3 on 2's. What to look for in each situation.

DEFENSEMEN

During camp, defenseman will focus on both ends of the ice. We will focus on edge work, transitioning, gap control, getting back on pucks effectively, jumping in the rush, and offensive zone skills.

Strong focus on:

- Boxing out/net front play
- Retrieving pucks and breaking out
- Sticking Positioning
- Gap Control
- Jumping in the rush



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DATES AND FEES

JULY 24TH - 28TH

MITES

SQUIRTS

PEEWEEES

BANTAMS

Only \$400

Fee includes lunch each day!

NO REFUNDS

GENERAL INFORMATION

ICE TIME! ICE TIME! ICE TIME!

* 5 hours of Ice Time Per Day

Tons of Skill Work, Edge Work
And Game Like Situations

SCHEDULE

9:00 - 11:00am - ICE TIME

11:00 - 11:30am - LUNCH

11:30- 1:30pm - ICE TIME

1:40- 2:40pm- SCRIMMAGE

FOR MORE INFORMATION, CONTACT RYAN HOLKE AT

HOCKEYDIRECTOR@ARCTICICEARENA.NET