

### TRAIN WITH THE PROS APPLICATION



NAME				
STREET				
CITY	STA	STATE		
PHONE (H)		(W)		
BIRTH DATE	НТ		_ WT	
USA HOCKEY #				
E-MAIL				
20-21 TEAM				
POSITION				
LEVEL / AGE: MITE	SQUIRT	PEEWE	E BAN	TAM
H	HOUSE T	RAVEL		
METHOD OF PAYME	NT			
CASH C	CHECK	CREDI	T CARD	
Amount Enclosed \$ All returned checks are sul				
Make checks payable to	o: Arctic Ice	Arena		
Type of Card (If Applica				
Visa MasterCard	Discover /	AmEx	Ехр.	
CARD#				
Full Name of Cardholder (Pleas	se Print)	Signati	ure of Cardho	lder
Hold Harmless Agreement				
I agree to release Arctic Id shareholders, subsidiaries, directors,	, officers, employée	s, and all ager	nts from claims,	actions, causes o
actions, damages to or by the unde directly from the participation of suc				
harmless such parties from claims, ac including all costs and expenses incu	ctions, damages or o	lemands, from	such participation	on in this program
and understand this is a full final relea	ise of claims for injui	y and damage	s sustained in A	rctic Ice Arena an
have read over the agreement and un- l also agree that my name and	d image may be use	d in perpetuity	in any photograp	hs, motion pictur
films, television broadcasts, and/or in holder in connection therewith.	any radio broadcas	ts of Arctic Ice	Arena without p	ayment of funds t
Print Player Name		Si	gnature	

Signature

Print Parent/Guardian Name

# TRAIN WITH THE PROS







# 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

## **STAFF**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) Rock Ford 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
PEEWEES
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