



Girls Hockey Camp

August 15TH – 19TH

Ages: 11 – 16

By: **Strong Hockey**, Jim Armstrong and Staff

17.5 Hours On-Ice

*We will have 2 Groups skating at the same time,
- accordingly to ability + age

- **4 Instructors On-Ice with 24+ skaters**
- **Goalie Instructor: Chris Moretter, Fairport High School Coach**
 - **Todd Conrow – Strong Camp Instructor for 11 Years**

When: August 15th – 19th

Where: at the Thomas Creek Arena

AGENDA: 1:00 - 3:00 1st On-Ice Session

Focus on Skills Development, Especially Skating

3:00 - 4:00 Video, Break, each day focusing on skills improvment

4:00 – 5:30 2nd On-Ice Session

Focus on Team Play

We Will Focus On:

Skill Development – How to Skate, Pass, + Shoot, - **at a Higher Level**

Positional Play – Playing Smarter, Seeing the Ice

- Defense – How to: Beating the forechecker, 1 on 1's, 2 on 1's

Clearing out, Controlling the Forward, Playing without the puck, etc.

- Forwards – How to: Scoring tips, Going to the net, Coming out of the corners,
2 on 1's, Playing with head up, When to shoot + When to pass, etc.

- Goalies – Positioning, Angles, Staying Square, Movement, Quickness, etc.

Team Play – Using Your Teammates

- * **We Will have controlled scrimmages with expert instruction.**
- * **Scrimmaging against their same level.**

Strong Hockey Experience

We have been improving hockey players for the past 12 years. To see further information visit: www.StrongHockey.com

Total Cost: \$245

- Suggest registering early as class size will be limited to 32 skaters.

To Register: Please fill out this form and send a check for \$245 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions: send to Jim Armstrong's e-mail, jtarm@frontiernet.net

Name of Skater: _____ Age: _____ GC

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com

We look forward to working with you! Strong Hockey LLC