

TO REGISTER

- Please:** 1) Fill out registration below and return.
2) Enclose a check for \$265 payable to Strong Hockey Camp.
(or apply returnee rate/special family rate)

Send to: Jim Armstrong,
Strong Hockey Camp
1370 New Seabury Lane
Victor, NY 14564

QUESTIONS: e-mail Jim at: JTARM@Frontiernet.net

We suggest that you **REGISTER EARLY** as each group will have a maximum of 30 skaters and 4 goalies only.
As always, we will fill up. First come, first served.

For more info: www.stronghockey.com

Please enroll my skater for The Strong Summer Hockey Camp. Please Check

- Group 1, Ages 6-9
 Group 2, Ages 10-13

Name of Skater _____

Address _____

DOB _____

Parent(s) Name _____

Goalie: Y N (circle one)

Phone _____

E-mail _____

Person to contact during camp days in case of emergency.
(Include telephone number.)

LAKESHORE
SUMMER
HOCKEY
CAMPS!



Strong Hockey
Jim Armstrong
1370 New Seabury Ln.
Victor, NY 14564



STRONG HOCKEY 2010 SUMMER HOCKEY CAMP

Skate Faster... Shoot Harder... Improve Your Game!

ONE FULL WEEK:

LAKESHORE:
August 22 - 27

- 6 Hours Daily -

3 HOURS ON-ICE PER DAY

16 HOURS OF TOTAL ICE TIME

1+1/2 hrs. of POWER SKATING in am

1+1/2 hrs. of PUCK SKILLS/TEAM PLAY in pm

FOR AGES: 6 - 9, Group 1
10 - 13, Group 2

- **INSTRUCTORS THAT CARE**
- **GREAT VALUE... GREAT PRICE!**
- **SPECIAL GOALIE INSTRUCTOR**

www.stronghockey.com

PRESORTED
STANDARD
U.S. POSTAGE
PAID
Rochester, N.Y.
Permit NO. 1000

“Your skater will receive expert instruction in a fun environment. We care about your skater’s skills development and strive to achieve improvement. We really enjoy working with kids!”

INSTRUCTED BY: JIM ARMSTRONG

Strong Hockey Instructor – Camps and clinics on-going for 11 years

High School Coach – Canandaigua (currently)
– Webster
– 19 years total

College Coach – Lake Superior State
– RIT, National Champions
– Cortland State University

Playing Experience – U.S.A. National Team
– Clarkson University

OUR INSTRUCTORS

Our instructors have been with us for 11 years. Most importantly they care about the kids and have fun with them. All are excellent past players, and are now High School Coaches. Most are full-time teachers. They are great role models for your skater!

**Todd Conrow, Troy Conrow,
Mike Cannarozzo, Dave Broussard,
Mike Cimino** (goalies) –

11th year instructing at camp. They are excellent!

During the afternoon session on Friday, we will play a full-ice game. We encourage parents to attend this game.



OUR PLEDGE TO YOU:

- Developing Skills – **Skate Faster... Shoot Harder... Improve Your Game!**
- Learning and having FUN!
- Jim will be on-ice for all sessions.
- 1 on 1 Instruction – our Camp will have 4 Instructors on-ice at all times and 8 total.
- Special goalie instructor for a.m. sessions.
- Off-ice activities each day include: Soccer, Video, Lunch.

Total Cost of camp \$265
CAMP RETURNEE RATE \$245
FAMILY RATE FOR EACH CAMP
Enrolling 2: \$460
Enrolling 3: \$645

“I was 6 years old, I remember that I was crying because I didn't want to go out on to the ice. My Dad handed me off to Jim Armstrong and his staff. By the end, I didn't want to get off.”

— Mike Iulianello, Senior, Captain for Webster Thomas

AGENDA IS AS FOLLOWS:

Our goalie instructor will be on-hand full-time.

AGES 6 - 9 Group 1

Sunday, August 22

2:15 - 2:30 p.m. Registration, meet instructors
2:45 - 3:00 p.m. Meeting between parents and Jim Armstrong
3:00 - 4:00 p.m. 1st on-ice session

Monday - Friday, August 23-27

8:00 - 9:30 a.m. 1st on-ice session
9:45 - 11:00 a.m. Outside activity, soccer, etc.
11:00 - 12:10 p.m. Lunch, break
12:30 - 2:00 p.m. 2nd on-ice session
2:15 p.m. Finished for the day

AGES 10 - 13 Group 2

Sunday, August 22

3:15 - 3:30 p.m. Registration, meet instructors
3:45 - 4:00 p.m. Meeting between parents and Jim Armstrong
4:00 - 5:00 p.m. 1st on-ice session

Monday - Friday, August 23-27

10:00 - 11:30 a.m. 1st on-ice session
11:45 - 1:00 p.m. Outside activity, soccer, etc.
1:00 - 2:10 p.m. Lunch, break
2:30 - 4:00 p.m. 2nd on-ice session
4:15 p.m. Finished for the day

“With every one of your clinics I can see the difference and improvement in Aidan. Count on us for your future camps and clinics. His first experience with hockey was your camp in August and it was the spark I hoped for!”

- Jeff

www.stronghockey.com