

## TO REGISTER

- Please:**
- 1) Fill out registration below and return.
  - 2) Enclose a check for \$275 (new camper) or \$250 (returnee) payable to Strong Hockey Camp.

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

**QUESTIONS:** e-mail Jim at: [JTARM@Frontiernet.net](mailto: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](http://www.stronghockey.com)**

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

- |  |   |
|--|---|
| <input type="checkbox"/> Group 1, Ages 6-8   | <input type="checkbox"/> Fairport 7/24 - 7/29 |
| <input type="checkbox"/> Group 2, Ages 9-10  | <input type="checkbox"/> Webster 8/7 - 8/12   |
| <input type="checkbox"/> Group 3, Ages 11-14 | <input type="checkbox"/> Both                 |

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.)

\_\_\_\_\_

**FAIRPORT & WEBSTER  
SUMMER  
HOCKEY  
CAMPS!**



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

**OUR 12<sup>TH</sup>  
YEAR!**



# **STRONG HOCKEY 2011 SUMMER HOCKEY CAMPS**

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

**ONE FULL WEEK:**

**FAIRPORT: July 24 - 29**

**WEBSTER: August 7 - 12**

**- 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 - 8, Group 1**

**9 - 10, Group 2**

**11 - 14, Group 3**

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

**[www.stronghockey.com](http://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 12 years

**High School Coach** – Canandaigua (currently)  
– Webster  
– 21 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 12 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; Goalie Instructors Chris Moretter and Mike Lindner** – 12th 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 each camp \$275  
Camp Returnee Rate \$250  
2 camps total \$480**

**FAMILY RATE FOR EACH CAMP  
Enrolling 2: \$460 Enrolling 3: \$620**

*“Wanted to let you know how pleased we were with the hockey camp. We thought it was well organized, inviting for the kids and very helpful with our son’s hockey skills. Thanks for a great camp and great coaches that provided meaningful feedback to the kids!”*

— Liza and Joe Colucelli

**AGENDA IS AS FOLLOWS:**

Our goalie instructor will be on-hand for each a.m. session.

**AGES 6 - 8 Group 1**

**Sunday July 24 and August 7**

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

**Monday - Friday, July 25-29 and August 8-12**

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 9 - 10 Group 2**

**Sunday July 24 and August 7**

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

**Monday - Friday, July 25-29 and August 8-12**

9:30 - 11:00 a.m. 1st on-ice session  
11:15 - 12:30 p.m. Outside activity, soccer, etc.  
12:30 - 1:40 p.m. Lunch, break  
2:00 - 3:30 p.m. 2nd on-ice session  
3:45 p.m. Finished for the day

**AGES 11 - 14 Group 3**

**Will also focus on all game situations, including aggressiveness, checking, offensive & defensive plays.**

**Sunday July 24 and August 7**

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

**Monday - Friday, July 25-29 and August 8-12**

11:00 - 12:30 p.m. 1st on-ice session  
12:45 - 2:00 p.m. Outside activity, soccer, etc.  
2:00 - 3:10 p.m. Lunch, break  
3:30 - 5:00 p.m. 2nd on-ice session  
5:15 p.m. Finished for the day

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