

# ELITE SUMMER HOCKEY CAMP

**94's, 95's, 96's, 97's**

August 10<sup>TH</sup> – 14<sup>TH</sup>

At The Thomas Creek Arena



For Travel Team Players That Want to EXCEL

Instructed by: **Strong Hockey Camp**  
**Jim Armstrong and Staff**

Your Skater is *Guaranteed to Improve!*

This will be **High Tempo** – For **Highly Motivated Players**

- 4 Instructors On-Ice At All Times
- Other Instructors will be: Chris Moretter, Fairport High School Coach
  - Mike Ferreri – Victor High School Coach
- Todd Conrow, – Strong Camp Instructor for 10 Years
  - Goalie Instructor – Chris Moretter

17 ½ Hours for only \$285

A Special 10% Discount for 5 or More From the Same Team

A Limit of 30 Skaters and 4 Goalies Only For This Special Camp

**VIDEO TEACHING** - Your skater will receive videotape teaching everyday regarding Strides, Shooting, Goalies, and Team Play.

**AGENDA:** 1:00 - 3:00 1<sup>st</sup> On-Ice Session  
3:00 - 4:00 Video, Break  
4:00 – 5:30 2<sup>nd</sup> On-Ice Session  
5:40 Finished for the day

## 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, Seeing the Ice, One-on-Ones, Clearing out, Taking the man, 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.
- \* All age groups will scrimmage against their same level.

## Jim Armstrong's Experience

**Coaching** – Section V Coach of the Year - 2007

- Strong Hockey Camp Instructor – 10 years
- High School Coach – 19 years, Canandaigua, Webster
- College - Lake Superior State College
  - RIT, Coached National Championship
  - Cortland State University

## **Playing Experience**

- 1982 USA National Hockey Team
- Clarkson University

**To Register:** Include a check for \$285 or apply **special team discount rate of 10% for 5 from each team.** Make payable and send to:

Strong Hockey Camp  
1370 New Seabury Lane  
Victor, NY 14564

Questions: ask Jim at his e-mail: [jtarm@frontiernet.net](mailto:jtarm@frontiernet.net)

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Please enroll my skater for the Elite Strong Hockey Camp.

Name of Skater: \_\_\_\_\_ Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ 2009-10 Team: \_\_\_\_\_

Parents Names: \_\_\_\_\_ Position: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact Person + Number during camp: \_\_\_\_\_