



LITTLE EAGLES PRE-HOCKEY

LEARNING TO FLY!

This two-stage beginner hockey program will build upon the skater's basic ice-skating skills learned in the weSKATE™ group lessons and introduce hockey specific individual skills. We will introduce hockey at its simplest form through fun activities. Classes are 60 minutes in length and are held year round. We require your child wear an HECC approved hockey helmet with facemask, hockey elbow pads, shin guards, hockey gloves, hockey skates and a hockey stick. Hockey pants and shoulder pads are not required but highly recommended. (Please ask about our recommended complete hockey equipment packages)

Instructor: Ray Lilja & Jamie Pembroke, Jr.
Min: 10 participants

Step 1 - Skaters will learn the hockey basics such as the proper stance and how to hold the stick then progress to a hockey stop, two foot turns, basic hockey stride, push and go, stick work, transitions and backwards skating. **Jersey an additional \$25.00**

Class#	Day	Session	Time	Fee
#3490	Wednesday	Spring- 4/23-5/28 Summer -6/11-7/23	5:50-7:10pm	\$96/\$106
#3492	Sunday	Spring-4/27-6/8 (no class 5/25)	Noon - 1:20pm	\$96/\$106

Step 2 – Skaters will build upon the basics learned in step 1 and begin to develop their hockey skills such as passing, shooting, transitions, advance hockey strides and backwards cross-overs. **Jersey an additional \$25.00**

Class#	Day	Session	Time	Fee
#3493	Wednesday	Spring- 4/23-5/28 Summer -6/11-7/23	5:50-7:10pm	\$96/\$106
#3494	Sunday	Spring -4/27-6/8 (no class 5/25)	Noon - 1:20pm	\$96/\$106



YOUTH HOCKEY CAMP (AGES 7-12)

Our team of USA Hockey certified instructors teaches these youth hockey classes where skaters will develop fundamental skating and hockey skills such as agility, effective passing, good positioning and shooting to score. Skaters will learn offensive & defensive strategies and play game-like scrimmages. This camp is open to boys and girls whose hockey & skating skills are of a mite or higher level of hockey. Skaters will get a great workout and have fun while developing their hockey/skating skills. The fundamentals, team play and positive attitude are strongly emphasized. We require all participants to wear an HECC approved hockey helmet, hockey elbow pads, shin guards, hockey gloves, hockey skates and a hockey stick. Hockey pants and shoulder pads are not required but highly recommended. (Please ask about our recommended complete hockey equipment packages)

Instructor: Ray Lilja & Jamie Pembroke, Jr.
Min: 12 participants

Class#	Day	Dates	Time	Fee
# 3488	Mondays	4/7 – 4/28	5:40 – 6:50pm	\$65/\$75 (nr)
# 3489	Mondays	5/5 – 5/26	5:40 – 6:50pm	\$48.75/\$56.25 (nr)
# 3501	Mondays	6/2 – 6/24	5:40 – 6:50pm	\$65/\$75(nr)
# 3502	Mondays	6/30 – 7/21	5:40 – 6:50pm	\$65/\$75 (nr)

SUPER TUESDAYS

ONE NIGHT SKILLS DEVELOPMENT CLINICS

Our clinics pack energy and enthusiasm into up-tempo skill sessions geared at developing the complete hockey player.

Instructor: Ray Lilja & Jamie Pembroke, Jr.

Min: 10 participants

<u>Class#</u>	<u>Day</u>	<u>Time</u>	<u>Fee</u>
# 3503	Tuesday	8:35 – 9:35 pm	\$15/\$25 (nr)
# 3504	Tuesday	8:35 – 9:35 pm	\$15/\$25 (nr)
# 3505	Tuesday	8:35 – 9:35 pm	\$15/\$25 (nr)
# 3506	Tuesday	8:35 – 9:35 pm	\$15/\$25 (nr)

Sign up for all 4 (one date for each of the 4 classes listed below) and save \$20.

Team Concept Clinic – Class # 3503

Offered on 4/22, 5/20 & 6/17

The Team Concept Clinic is designed to teach players the fundamentals of hockey through team offensive & defensive strategies. Our USA Hockey certified staff will look to challenge each player's hockey intelligence through a series of competitive situations. This on-ice clinic will focus on controlled scrimmages as well as 1 on 1, 2 on 1, and 3 on 2 game situations. The Team Concept Clinic will give each player the knowledge and understanding of hockey to compete at the highest level of play.

Shooting, Scoring, & Stickhandling Clinic – Class # 3504

Offered on 4/29, 5/27, 6/24

Our USA Hockey certified staff will pass along the secrets of their success in this camp that includes on-ice development of the slap shot, wrist shot, snap shot, flip shot, and backhand shot. We will use a radar gun to measure shot velocity. Stickhandling development includes popular and effective goal-scoring moves, puck control, vision with the puck, explosiveness and the ability to finish will be the main focus.

Checking Clinic – Class # 3505

Offered on 5/6, 6/3, 7/1

This clinic is specifically designed to teach players how to give and receive checks. This is a step-by-step process that teaches body control and builds confidence at the same time. Players moving into a checking league for the first time will greatly benefit from this camp as well as players that need to learn checking fundamentals to help give them more confidence in games. Players who participate in "No-check" leagues will also benefit from this clinic as the basic strategy taught is to merely separate the puckcarrier from the puck through non-offensive angling which is not considered a check.

Powerskating Clinic – Class # 3506

Offered on 5/13, 6/10, 7/15

This highly popular clinic features the dynamic instruction of our certified USA Hockey staff who will teach their proven system of skating development to hockey players of all ages. Skating is such an important skill to master for future development that players who attend this Powerskating clinic will surely have a leg up on the competition.

ADULT HOCKEY CAMP

These Adult classes are offered year-round in 9-week sessions and are taught by our team of USA Hockey certified instructors. Skaters will develop fundamental skating and hockey skills such as agility, effective passing, good positioning and shooting to score. Skaters will learn offensive & defensive strategies and play game-like scrimmages. This camp is open to men and women at all levels of hockey experience including beginners. Skaters will gain a better understanding of hockey, get a great workout and have fun while developing or reviving their hockey/skating skills. The fundamentals, team play and positive attitude are strongly emphasized. We require all participants to wear an HECC approved hockey helmet, hockey elbow pads, shin guards, hockey gloves, hockey skates and a hockey stick. Hockey pants and shoulder pads are not required but highly recommended. (Please ask about our recommended complete hockey equipment packages)

Instructor: Ray Lilja & Jamie Pembroke, Jr.

Min: 10 participants

<u>Class#</u>	<u>Day</u>	<u>Session</u>	<u>Time</u>	<u>Fee</u>
#3485	Wednesdays	Spring -4/23-5/28 Summer -6/11-7/23	8:30 – 9:40 pm	\$120/\$130* *drop-ins allowed - \$25 per visit.