



High School Development Camp

This camp is designed for current high school Varsity and JV players as well as incoming freshman hockey players who want to enhance their skills not only on the ice but off the ice as well. The camp will run on Monday's and Wednesday's starting June 23rd and ending on August 6th. There will be 14 hours of on ice training and new this year the players will have 21 off ice sessions!

The on ice program will focus on up tempo drills designed to not only improve the players skills but teach them the finer points of the game not learned while playing minor hockey. Instructors will include Kyle McDonough, current Memorial head coach, Jeff Giuliano current Manchester Monarch and Joe Lee current assistant coach Pinkerton Academy. The Director will be Casey Kesselring.

The off ice program features the revolutionary TIM (Think In Motion) program developed by the people from Hockey Canada. This program enhances the player's motor skills and reaction time by having them perform footwork patterns through a ladder while they stick handle a weighted ball. The other off ice training will consist of sprinting and plyometrics that will focus on improving a player's speed and quickness.

Schedule:

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Group</u>
Monday:	9:00am	TIM	JV & Frosh Group
	10:10 – 11:10am	On ice	JV & Frosh Group
	11:30 – 12:15pm	A and Q Dry land	JV & Frosh Group
	11:20 – 12:20pm	On ice	Varsity & JV Group
	12:35 – 1:20 pm	A and Q Dry land	Varsity & JV Group
Wednesday	9:00am	TIM	Varsity & JV Group
	10:10 – 11:10am	On ice	Varsity & JV Group
	11:30 – 12:15pm	A and Q Dry land	Varsity & JV Group
	11:20 – 12:20pm	On ice	JV & Frosh Group
	12:35 – 1:20 pm	A and Q Dry land	JV & Frosh Group

Cost: \$520.00 (That is only \$15 per event!) Make checks payable to Ice Den.

A \$200.00 dollar deposit is required to hold a spot in the camp; full payment is due by June 1st 2007

Any questions call Casey at 603 606 5678 or cell 785 9180

Email: ckesselring@TotalSportsMgmt.com

www.ckhockey.com