



# Middle School Development Camp

This camp is designed for the serious travel players entering the 7<sup>th</sup> and 8<sup>th</sup> grade next year. Players that are born in 96 that are entering the 6<sup>th</sup> grade will also be eligible. Any 97 born player will have to get permission from Casey to attend the camp. The camp will include on ice and off ice trainings that are designed to prepare players for the next level. The camp will run on Monday's and Wednesday's, starting June 23<sup>rd</sup> and ending August 6<sup>th</sup>. There will be one week off in July during the Jim Hughes Day Camp. This will give the players 12 hours of on ice training as well as 12 sessions of off ice training.

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. Current Pinkerton Academy assistant coach Joe Lee will assist Casey Kesselring. Other instructors will include Memorial Coach Kyle McDonough and current Manchester Monarch Jeff Giuliano.

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. Day two of the off ice training will consist of speed and agility drills.

## Schedule:

| <u>Day</u>       | <u>Time</u>     | <u>Event</u>                        |
|------------------|-----------------|-------------------------------------|
| <b>Monday:</b>   | 9:00 – 10:00am  | On ice                              |
|                  | 10:20 – 11:00am | TIM                                 |
| <b>Wednesday</b> | 9:00 – 10:00am  | On ice                              |
|                  | 10:20 – 11:00am | Speed and Agility Dry land Training |

**Camp Cost: \$400.00 (Make checks payable to the Ice Den)**

A \$150.00 dollar deposit is required to hold a spot in the camp

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

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[www.ckhockey.com](http://www.ckhockey.com)