

SESSION #8

Sept. 4 - 20

★ POWER SKATING ★

(Boys / Girls 5 - 16 yrs)

Here at Xtreme Hockey, we believe that all facets of skating are very important in the development of a hockey player. The proper way to forward and backward skate are taught here, and for more advanced skaters, we key on balance drills as well as correcting faults in your stride to make you a faster skater. This is a great program for players of all levels.

● PROGRAMS ●

Each program consists of 9 - 50 min. sessions
Level 1/2 - 5:30 - 6:20 Level 3/4 - 6:30 - 7:20
Advanced - 7:30 - 8:20

\$200.00 HST INC



REGISTRATION PROCEDURE

- A. Fill out application
- B. Please include a \$100.00 deposit
- C. We acknowledge receipt of your application with an acceptance letter.

If you have any questions, feel free to call Xtreme Hockey.

709-579-3801 / 709-682-6050 / 709-727-3381

TO REGISTER SEND FORM TO:

138 Penneywell Road
St. John's, NL A1C 2L5
Phone: (709) 579-3801 Fax: (709) 579-1936
EMAIL: info@xhockey.ca

REGISTRATION

PLAYER INFORMATION

Player's Name: _____

Address: _____

Home Tel: _____

Cell Phone: _____

Contact: _____

Contact Number: _____

Email for Player and Contact: _____

Player's Birth Date: _____

Player Position:

Forward?

Defense?

Goal?

Day / Month / Year

Cheque

Visa /MC

Cash

1st payment - \$100.00 due with initial registration.

Balance - Due on first day of program.

** Tax deductible when both parents are working.

Credit Card Number: _____

Expiry Date: _____

Signature: _____

PLEASE READ AND SIGN

The Owners, Management and staff of Xtreme Hockey, and Jack Byrne Arena respectively, DO NOT accept responsibility for injury, loss, damage, or accident, either to person or to property incurred by anyone during the operation of the Hockey Programs/Camps and the undersigned Parent or Guardian hereby agrees to release, indemnify and save harmless the above mentioned, or any of the against any and all loss, costs, expenses, claims, demands, and suits whatsoever on account or in respect of any such injury, loss, damage, or accident.

Signature: _____

(Parent or Guardian)

SESSION REGISTRATION

(Please check required session)

★ Skills Development Camps ★

Session 2 July 16 - 20

Session 6 August 21 - 25

★ Goalie/Shooter Camps ★

Session 1 July 9 - 13

Session 3 July 23 - 27

Session 5 August 6 - 10

★ Elite High Performance Camps ★ (By Invitation Only)

Session 4 July 30 - August 3

Session 7 August 27 - 31

★ Power Skating ★

Session 8 September 4 - 20

2012 Summer Camps

XTREME HOCKEY

*at Jack Byrne Arena
in Torbay, NL, Canada*

**8 Sessions
July 9 - Sept 20th, 2012
Register Now !!
Call 709-579-3801
www.xhockey.ca**

All Programs (Except Power Skating) Include:
Custom Jersey & Hat ★ ★ Closing Banquet



PHILOSOPHY

Xtreme Hockey was created for one reason – to create the most effective and comprehensive hockey training that Newfoundland and Labrador has to offer. The Xtreme Team has assembled the best instructors in their respective disciplines – from senior hockey league players to former NHL players. The founders of Xtreme Hockey believe in a 360 degree approach to training which not only includes on-ice training but also off-ice conditioning and mental preparation for the game. Open to players of all ages, both male and female programs, Xtreme Hockey is designed to allow individuals to reach their full potential.

RANDY PEARCEY

Randy Pearcey has been coaching hockey in NL for the past 40 years. Randy believes results are achieved from the 360 degree approach to coaching. Skill development, play development and tactical situational role playing brings players he coaches to the next level...again and again.

ANDREW MCKIM

Since 2002, Andrew McKim has been bringing his national and international hockey experience to players in Newfoundland and Labrador. Focusing on the required skills needed to excel at competitive levels. Andrew also believes that this approach to training will give individual players the ability to set higher goals in hockey.

INSTRUCTORS

We are very proud of the group of instructors that teach at Xtreme Hockey. They are experienced individuals that have coached and or play professional, college, major junior, as well as minor hockey. They bring with them plenty of expertise and energy that all instructional programs need in order to be successful. They all have superior communication skills and are totally committed to giving your children a learning experience that he/she will not soon forget.

2012 SUMMER PROGRAMS (Jack Byrne Arena)

SESSION #2

July 16 - 20 (5 days)

★ SKILLS DEVELOPMENT CAMP ★

(Boys / Girls Age Specific Groups for 5 -13 yrs)

This camp is a must for all Beginner and House League Players.

5 HRS. PROGRAMMING EACH DAY

- TWO On-Ice sessions each day**
 - One hour and fifteen minutes. Skill Instruction teaching the following fundamental skills:
Power Skating Positional Play
Puck Skills Body Contact
 - One hour and fifteen minutes. Controlled Game
- TWO Off-ice sessions each day**
 - One hour and fifteen minutes. Concentrating on: Recreational Activities (soccer, floor hockey, softball, and low organized games) Off-ice Training Programs (We will introduce exercises that can be used to develop on-ice skills.)
 - One hour and fifteen minutes film room activities concentrating on:
Rules of the game
Viewing instructional and recreational films
Reviewing skills and game strategies
- Low Student / Instructor Ratio**
In our programs, the student's development is very important to us. Therefore, on ice, our instructor/student ratio is approximately one to four.
- All students are grouped and assigned to teams according to age, skill, level, and size. ALL teams have a maximum of 15 skaters and 2 goalies.**
If you would like to have your child assigned to a particular group (with friends or am/pm) please advise. We try to accommodate.

5. Recreational Swimming (Aquarena)

6. Showdown Competition

\$399.00 + HST

SESSION #6

Aug 21 - 25 (5 days)

SESSION #4

July 30 - Aug 3 (5 Days) Aug 27 - 31 (5 Days)

★ ELITE HIGH PERFORMANCE CAMP ★

(Players born from 1997 - 2002)

This camp is for highly skilled players who are playing at Elite/All Star levels. It provides, through intense on-ice and off-ice programming, **SPECIALIZED** training for:

FORWARDS:

Skills to be Taught

- Specific Power Skating Skills
- Goal Scoring (Shooting/Deking)
- Fore Checking Skills
- Individual/Team
- Puck Protection
- Faceoffs
- Off./Def. Responsibilities
- Breakouts
- Plus many more Individual and Team Tactics

* A must for Advanced Forwards *

Defencemen:

Skills to be Taught

- Specific Backwards/Pivoting Skating
- Shooting from the Point
- Working with Defensive Partners
- Angling
- Offensive/Defensive. Responsibilities
- Positional Play
- Breakouts
- Plus many more Individual and Team Tactics

* A must for Advanced Defencemen *

5 HRS. PROGRAMMING EACH DAY

- 2 hrs - 30 mins. On-Ice Instruction
- 2 hrs - 30 mins Off-Ice Activities

NOTE: These programs are for advanced players.

\$399.00 + HST



SESSION #1 / #3 / #5

July 9-13 / July 23-27 / Aug 6-10

(Boys / Girls Age Specific Groups for 6 -13 yrs)

★ GOALIE / SHOOTER CAMPS ★

★ GOALIE PROGRAM ★

This goalie program is designed for individuals who are serious about learning how to play goal. It offers personalized programs for each individual, from the beginner up to the more advanced (All Star) goalie. SKATING SKILLS, ANGLING AND POSITIONING are just a few of the skills that are intensively worked on.

★ Note ★ These Goalie Programs are Operated by "Rock Solid Goaltending" staff.

4 HRS. PROGRAMMING EACH DAY

- 3 hrs. On-Ice Instruction
- 1 hr. Off Ice Activities

\$499.00 + HST

★ SPECIAL OFFER ★

Goalies registered in our Goalie Program will have the opportunity to attend one of our player camps (developmental /Elite) at NO additional charge (as a goalie) Please specify on the application form which additional camp you would prefer. Please send in your application as soon as possible in order to get your choice of schools.

★ ★ ★ ★

SHOOTER PROGRAM

This shooters program is designed for individuals that want to learn fundamental shooting skills and become a better shooter/goal scorer. The importance of balance and when to use specific shots are some of the aspects of shooting that will be taught. Scoring techniques such as quick release, deking options, angle of attack, changing angles and position of goalies; are just some of the skills that are practiced intensely. In just one hour participants will shoot more pucks than they will in a full month of regular hockey.

3 HRS. PROGRAMMING EACH DAY

- 2 (1 hr.) On-Ice sessions
- 1 hr. Off-Ice activities

\$299.00 + HST