

PreSeason Hockey Training

*When the
season starts...*

Be Your Best!

www.preseasonhockeytraining.com

A competitive hockey season does not start when the first puck is dropped. Hockey players know that to play at an elite level takes special skill and requires special preparation. And for many elite players, that preparation begins well in advance of team tryouts and season openers.

Participation in the PreSeason Hockey Training program will ensure players are provided with on-ice instruction that will expose them to the key individual skills of the game, and off-ice conditioning sessions that will target the key fitness components for the game of hockey. All on-ice and off-ice sessions will be conducted in a manner that will optimally prepare players for the upcoming competitive season.

Players can take advantage of the program as a means of developing skills that might require improvement or to simply fine tune and regain that all important "touch" and "jump" as they head into tryouts.

Program

On-ice sessions and instruction will focus entirely on the key puck related skills of passing, shooting and stick handling. Players will be immersed in small and large area drills that will force them to develop their ability to execute these skills while skating at top speeds. One key objective of each on-ice session will be to ensure that players have pucks on their sticks at all times, thus maximizing the number of puck touches in each drill and over the course of the session.

Off-ice sessions will introduce players to a variety of conditioning, balance, agility, speed and strength activities. Sessions will be high paced with appropriate work to rest ratios to optimize development of the various energy systems.

Instructor

Brian Gillam

With over 20 years of coaching, playing and hockey school experience, Brian brings a wealth of knowledge to the program. As a former Physical Education teacher, he is able to make use of a variety of teaching methodologies and instructional techniques to make every session unique, interesting and positive for each player on the ice. Brian is a High Performance 1 Hockey Canada certified coach and has been coaching in the Gloucester Ranger organization for the past 4 years.

On Ice Schedule

July 3	6:00pm	Potvin Arena
July 10	6:00pm	Potvin Arena
July 17	6:00pm	Potvin Arena
July 24	6:00pm	Potvin Arena
July 31	6:00pm	Potvin Arena
Aug 7	6:00pm	Potvin Arena
Aug 11	7:00pm	Potvin Arena
Aug 14	6:00pm	Potvin Arena
Aug 18	7:00pm	Potvin Arena
Aug 21	6:00pm	Potvin Arena

* Off Ice Schedule TBD

Registration Information

Cost \$150.00

- * Open to players born in 1994 & 1995.
- * Full payment must accompany registration.
- * No refunds issued after June 1, 2008.
- * Make cheques payable to Brian Gillam.

General Enquiries

Phone: 841-3091

Email: bgillam@rogers.com

Mail or Drop Registration at:
Pre-Season Hockey Training
2114 Sandy Oaks Drive
Orleans, ON
K1W 1H6

**Space is Limited
Register Today!**



Application Form

Personal Information

First Name: _____

Last Name: _____

Address: _____

Male Female

Birth Date: _____

Home Phone: _____

Work Phone: _____

Email: _____

Parent Name: _____

Emergency Contact Information

Name: _____

Phone: _____

OHIP #: _____

Hockey Information

Jersey Size: S M L XL

Position: Forward Defence

2007-08 Team: _____

Level: B A AA AAA

I accept responsibility to ensure my child is medically fit to participate in the 2008 Elite Skills Camp.

(Please attach a separate sheet describing any medical conditions or history that could affect participation in the camp)

X _____

Parent/Guardian Signature

