

Work Hard- Play Hard
The best summer hockey fun



Mail to or drop off at
101 John F Campbell DR
Newark, DE 19711



WARRIOR
FREE Warrior
Hockey T-shirt &
Hat with signup



July 23rd-July 27th 2012

Learn from the pros!
Maximize your potential!

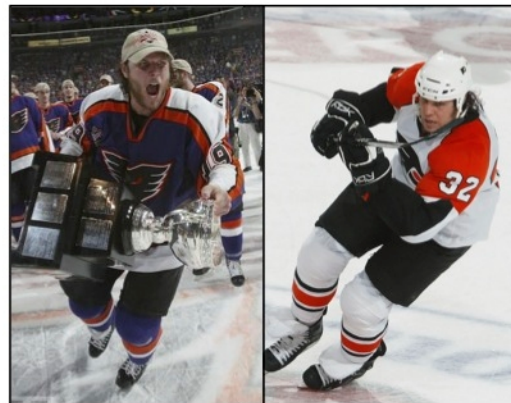
High Performance Hockey Camps

8:00 am- to 3:00 pm daily/ Cost 395p/player
Group 1 ages 5-8/Group 2 ages 9-13
Group 3 ages 14-17

Join Former Philadelphia Flyer Riley Cote and current assistant coach of the AHL Adirondack Phantoms, along with Flyers and Phantoms skate coach, Slava Kouznetsov, Mark Cardillo and PJ Diana for a great hockey learning experience.

The name of the game today is speed and agility. Breaking bad skating habits and creating a solid skating foundation is necessary before attempting to improve all other hockey skills. On ice we will focus on skating and all other hockey fundamentals. Off-ice will mainly consist of plyometrics, running, and off-ice stick handling. We will push all the kids to work hard to give them the best chance at improving at a sport they love. Hockey is a fun sport and we will keep it that way.

ALL CHECKS payable to:
High Performance Hockey



Player Information Needed

Player Name: _____

Parent Name: _____

Email: _____

Phone #: _____

Jersey/Shirt Size: _____ Group #: _____



WWW.HIGHPERFORMANCEHOCKEYCAMP.COM