



Accelerated Training Program

Summer Training Program

June 23rd – Aug. 20th

\$30.00 daily drop-in

\$125.00 5 consecutive days

\$600.00 all summer

(7 weeks - 26 sessions - 68.50 hrs - \$8.76/hr)

June 23, 24, **25[^]**, 27 / 30

July 1, 2 / 14, 15, 16, 18 / 21, 22,
23, 25 / **28[^]**, **29[^]**, **30[^]**

Aug. **1[^]** / 4, 5, 6 & 8 / 18, 19 & 20
(no sessions 7/07-11 & 8/11-15)

Mondays:

10:45am - 11:30am On-Ice Skills
11:40am - 1:00pm Scrimmage / Small Games
1:00pm - 2:00pm On Ice Skills
2:15pm - 3:15pm Off-ice Hammer Time*

Tuesdays:

10:15am - 11:30am On-Ice Skills
11:40am - 1:00pm Scrimmage / Small Games
1:15pm - 2:15pm Off-ice

Wednesdays:

10:15am - 11:30am On-Ice Skills
11:45am - 12:45pm Off-ice Hammer Time*
1:30pm - 2:45pm On Ice Skills

Fridays:

8:45am - 9:15am Off Ice Skills
10:15am - 11:30am On Ice
12:45pm - 1:15pm Video/Off Ice Games
1:45pm - 3:00pm On Ice
3:15pm - 4:00pm Off Ice Conditioning

* Hammer Time with Kent Physical Therapy and Sports Performance, extra fee applicable

^ Morning slot will be adjusted and will add Thursday 8/07 and 8/21

Hockey Development

Today's athletes are more skilled than ever before. Players serious about their skills must constantly strive to improve their balance, agility, speed and coordination. The Accelerated Training Program utilizes a myriad of methods to develop these key power skating fundamentals, while simultaneously conditioning athletes, developing their core body strength and promoting better eye-hand coordination. Our off-ice program incorporates series of dry land exercises designed to improve explosive skating abilities and alternates dry land stick handling drills used by the USNDTP (United States National Development Training Program recommended by USA Hockey) to create and develop "soft-hands". On-ice drills focus on developing quickness, power, acceleration and long strides.

We strongly believe the key to success is hard work and education. Therefore, our primary goal is to educate and encourage participants to develop these core concepts and skills and dramatically improve their on-ice performance. **In 7 short weeks, this program offers as much practice time as in a normal winter season!!**

Directed by Les Grauer

- Level 4 USA Hockey Coaching Certification
- 17 years youth coaching experience
- 4 years players coach in Europe, 3 time National Champion
- 4 years division I College player at Wisconsin, 2 time MVP
- Member Wisconsin Hockey Hall of Fame
- 2 trips to the Frozen Four NCAA Championships, National Champions 1977
- 3 years Junior A Tier I and Tier II

Registration Form Information:

Attach Receipt Here:
Circled desired dayss

Name Level

Address

City State Zip

(-----) @-----
Phone Email

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23, 25 / **28, 29, 30**
Aug. **1** / 4, 5, 6 & 8 / 18, 19 & 20

I hereby agree that KVIC, its officers, servants, agents, and employees shall not be held liable for any and all injuries resulting directly or indirectly from his/her participation in ice-skating, playing hockey, and/or receiving instruction on the ice or otherwise in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents, and employees harmless from all costs and expenses that may result from any breach of this agreement.