



Kent Valley Ice Center 2009 Summer Hockey Activities



Accelerated Training 2009 **Summer Hockey School**

Hockey Development – Directed by Danny Lorenz & Les Grauer

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 9 short weeks, this program offers more practice time than a normal winter season!!***

The Accelerated Training Program runs 9 weeks for a cost of \$848.00 (that's 36 days or 106 hours at \$8.00 per hour); \$132.00/week; \$37.50 drop-in per day.

Dates: June 22, 23, 24, 26 • 29, 30 July 1, 3 • 6, 7, 8, 10 • 13, 14, 15, 17 •
July 20, 21, 22, 24 • 27, 28, 29, 31 • August 10, 11, 12, 14 • 17, 18, 19, 21 •
August 24, 25, 26, 28

<u>Mondays:</u> (3.40 hrs on-ice)	<u>Tuesdays:</u> (2.90 hrs on-ice)
10:45am - 11:30am On-Ice Skills	10:15am - 11:30am On-Ice Skills
11:40am - 1:20pm Scrimmage (Open Stick n' Puck)	11:40am - 1:20pm Scrimmage (Open Stick n' Puck)
1:30pm - 2:30pm On Ice Skills	1:45pm - 2:45pm Off-ice
2:45pm - 3:45pm Off-ice	
<u>Wednesdays:</u> (2.50 hrs on-ice)	<u>Fridays:</u> (3.00 hrs on-ice)
10:15am - 11:30am On-Ice Skills	8:45am - 9:15am Off Ice Skills
11:45am - 12:45pm Off-ice	10:00am - 11:30am On Ice
1:30pm - 2:45pm On Ice Skills (not Wed. 7/22)	12:00pm - 1:00pm Lunch/Video/Play Time
(7/22, on-ice scrimmage 11:40-1:20; off-ice 1:45-2:45)	1:30pm - 3:00pm On Ice
	3:15pm - 4:00pm Off Ice Conditioning
<u>Danny Lorenz</u>	<u>Les Grauer</u>
<ul style="list-style-type: none"> - Level 4 USA Hockey Coaching Certification - 5 yrs youth coaching experience - 16 yrs professional player - 3 yrs player in Europe - '95 IHL All Star Game MVP - 2 x Team MVP - picked 58th in the '88 NHL entry draft - 4 years Jr A Tier I with the Seattle T-Birds 	<ul style="list-style-type: none"> - Level 4 USA Hockey Coaching Certification - 19 yrs youth coaching experience - 4 yrs player coach in Europe, 3 x National Champ - 4 yrs Div. I College player at Wisconsin, 2 x MVP - Member Wisconsin Hockey Hall of Fame - 2 trips to the Frozen Four NCAA Championships, 1977 National Champions - 3 years Jr A Tier I and Tier II



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"3 on 3" Cross Ice
Mondays – All Ages

Probably the best value for getting the most in fun, skill development and conditioning. It requires players to think fast and skate hard which improves overall skill development and game strategy by challenging players both offensively and defensively. Players will work on their skating, shooting and knowledge of the game while having fun. Sign up early as space is limited.

To take part in this fun program, simply find two friends under eighteen, who like to play hockey, form a team consisting of three (3) players, register by calling (253) 850-2400 ext.10 & come to KVIC each Monday evening ready to skate.

To the parents: it is the primary intent of this program to provide an opportunity for the kids to organize & manage themselves in a more relaxed, game-like setting than in a typical team atmosphere. Win or lose, the onus is on the players to simply play. In short, outside of providing a referee (i.e. adult-supervision), ice-time, and an opponent, there will be zero coaching provided.

The Monday 3-on-3 Program runs 8 weeks for a cost of \$120.00 (or \$15.00/day). The scheduled time is Monday 6:30pm - 8:00pm for all ages.

Dates: June 22 & 29, July 6, 13, 20 & 27, August 10 & 17

Individual Hockey Skills
Wednesday – Power Skating

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Hockey players must be good at basic skating skills. Good skating makes better players.

It Doesn't Come Overnight

There is no magic relating to skating skills. Greatness comes from working hard and understanding the proper skating techniques and fundamentals. You can get better at any age or skill level and that NHL and National Team players worldwide continue to get skating instruction to help them keep improving their skating.

Learn proper stride so you can have quick acceleration, be able to stop on 1 or 2 feet, quick transitions, easier 3-turns, faster crossovers, better agility and maintain a faster pace for longer shifts. It all starts at the knees. The more you bend one knee, the more you can stretch and push off with the other one. When a skater keeps the knees bent over the toes, the center of gravity remains at the belly button which improves balance. Sometimes the improvement you make can be very subtle and may take a long time to achieve, but the improvements are worth it in the long run. When you skate better, the game is much easier to play and lot more fun.

The Wednesday Power Skating Program runs 7 weeks for a cost of \$126.00 (\$18.00/day) or \$21.00 per session for drop-in. The scheduled time is Wednesday 5:30pm – 6:15pm for all ages. In addition, you get admission to the Stick n' Puck Session following the lesson at 6:30pm to 8:00pm. That's a total of 2.25 hours of ice time!

Dates: June 24, July 1, 8, 22 & 29, August 12 & 19



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Individual Hockey Skills
Thursday Skills – Shoot to Score & Make the Save
with Passing & Stickhandling

Individual Hockey Skills – Directed by Danny Lorenz & Les Grauer

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Each day you will have 90 minutes of concentrated training to improve your individual skills to score more goals or make more saves.

Don't wait - - it may end up being too late.

Stickhandling

Handle the puck like you have never been able to before. Learn single-dekes, double-dekes, toe drags, puck flips, backhand slides, escapes, 360 Gretzky curls, moves through your skates and 180 dekes. Stickhandling is a very important skill to develop. Stickhandling will bring your game level to its peak because you will be able to beat your opponent one on one; you will be able to see your teammates in the open and you will be able to buy time and space in order to make a play. As your stickhandling develops, you will become a more creative and unpredictable player and your confidence level will increase dramatically. You will have more fun playing hockey than ever before because you can keep the puck on your stick until you decide what to do.

Passing

Hockey is a team sport and you have to be able to give and receive passes in order to excel at the game. Passing is a far quicker method of moving the puck than skating, and you should always quickly advance the puck to open teammates whenever possible. Learn to make precision 'tape to tape' passes using a variety of different types of forehand and backhand passes: saucer, ½ slap, one touch, area, and off the boards.

Shoot To Score

A hockey team will get about 30 shots on net in a game. This means the average player gets about 2-5 shots in a game. Therefore, every shot should be as good as you can make it. There are 3 keys to a scoring shot: Quickness; Speed; Accuracy. Learn to set up to get away a quick hard accurate shot.

Make the Save

Learn techniques and angles to position yourself better and how to focus better on the puck to keep it out of your net. Work on the different types of saves: stick-saves, glove-saves, blocker-saves and kick-saves and improve reaction time while maintaining proper balance and position. Learn how to watch plays develop and anticipate where the puck is going and be able to get there before the puck gets there by having better focus on the puck.

The Thursday Skills – Shoot to Score – Save to Shutout Program runs 8 weeks for a cost of \$144.00 (\$18.00/day) or \$21.00 per session drop-in. The scheduled time is Thursday 6:15pm – 7:45pm for all ages.

Dates: June 25, July 2, 9, 16, 23 & 30, August 13 & 20



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Friday Hockey Day Camp

Friday Hockey Day Camp – Directed by Danny Lorenz & Les Grauer with KVHA Coaches

The Friday Hockey Day Camp is a popular summer favorite of Kent Valley’s hockey players. The program runs 9 weeks for a cost of \$288.00 (\$32.00/day) or \$37.50 per session drop-in. The scheduled time is Friday 8:45am – 4:00pm for all ages.

Includes 3.00 hours on-ice and 2.25 hours off-ice/video.

Camp Daily Schedule

Fridays:	Arrive at KVIC:	8:30am
	Off-Ice	8:45am - 9:30am
	On-Ice	10:00am - 11:30am
	Lunch	11:45am - 12:30noon
	Video / Off-Ice	12:15pm - 1:00pm
	On-Ice	1:30pm - 3:00pm
	Off-Ice	3:15pm - 4:00pm
	Depart	4:00pm - 4:15pm

Dates: June 26, July 3, 10, 17, 24 & 31, August 14, 21 & 28

Note: Include the Day Camp with Accelerated Training (see separate flyer) and get substantial discounts!!!!

\$37.50/day drop-in \$132.00/ 4 consecutive days
\$ 848.00 All Summer (9 weeks): 106 hrs - \$8.00/hr

Kent Valley Hockey School

August 3rd – 7th

(Brochure coming soon!!)

The Kent Valley Hockey School is a new summer program for 2009. It is 1 week for a cost of \$225.00 (\$45.00/day). The program will provide hockey players with 3 hrs on-ice & 2 hours off-ice daily.

Dates: Monday August 3rd through Friday August 7th.

Pee Wee Checking Clinics

August 14th and/or August 28th

The PeeWee Checking Clinic is mandatory for all first year Pee Wee players and is also recommended for 2nd year players. All players are welcome. The cost is \$37.50 for the session and players have the choice of one of two sessions.

Dates: Friday August 14 and/or Friday August 28

5:30pm - 6:45pm Off-ice instruction and drills
(dressed in full equipment except for skates)

7:00pm - 8:15pm On-ice demonstration and checking practice.



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KVHA & LTS/KVFSC - Bring a Friend to Skate

All Kent Valley Hockey Association, Learn to Skate/Kent Valley Figure Skating Club members and their friends are invited to skate free (must bring a friend / must present membership card / skate rental extra- hockey skates are not available for rental.)

Dates: The first Saturday of every month, except July 4th:

Saturday July 11th, 1:30-3:45 Public Skating Session

Saturday August 1st, 1:30-3:45 Public Skating Session

Saturday September 5th, 1:30-3:45 Public Skating Session

KVHA Welcome Back Members!
Labor Day weekend September 5th, 6th, or 7th

KVHA is planning a "Welcome Back" celebration at Kent Valley Ice Centre to welcome members back for the 2009/2010 season. We will hold this event sometime over the Labor Day weekend September 5th, 6th, or 7th. We hope to provide more firm details in the very near future.

KVHA Member Volunteer Day
Sunday September 6th

Last year's KVHA Member Volunteer Day was a great success. Members volunteered their time to spruce up the Kent Valley Ice Centre in preparation for the hockey season. They washed windows, painted benches, scrubbed down the locker rooms and painted new lines and face-off circles on the ice. So, put September 6th on your calendar and come join us for fun volunteer work day.