

# Pines Ice Arena

# SUMMER

# HOCKEY

# CAMP



**INSTRUCTED BY**

Steve Lynch

**June 9-13 2008**

Pines Ice Arena  
June 9 to June 13, 2008  
Daily Schedule

*\*All groups will go on ice at 8:30am and end at 4:00pm*  
(PLEASE ARRIVE AT LEAST 15 MINUTES BEFORE TO DRESS)

Each student receives three hours of ice time daily. Ice time consists of two, one & one-half hour sessions.

**1<sup>st</sup> Session**  
**(Skating)**

This session will focus on improving posture, skating efficiency, stride, balance, arm movement, and recovery. We will also cover the elements of backward skating, edge work, and stopping and starting.

**2<sup>nd</sup> Session**  
**(Skills)**

During these sessions the players will be taken through a progression of skills in stick-handling, passing, shooting, and checking.

**3<sup>rd</sup> Session**  
**(Team Play)**

All skating and skills will be taught in a position specific manner, maximizing the benefits for the forwards and defensemen. Game situations will also be simulated through tactical drills and controlled scrimmages.

**Off-Ice**

All off-ice activities will be held upstairs at South Florida Boxing, as well as our facility. (Players can purchase their own boxing gloves for \$15) All players will spend two hours daily in the gym and on-site @ Pines Ice Arena. Players should be prepared with T-shirts, shorts, and sneakers.

**Lunch**

All players are required to bring their own lunch. Food will also be available for purchase in the snack bar.

*\*Players will be divided into two groups based on age and skill level as required.*

**Pines Ice Arena**  
**5-Day Summer**



Camp Cost  
**Hockey Camp**  
\$395

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Years of Ice Hockey Experience? \_\_\_\_\_

Years of Roller Hockey Experience? \_\_\_\_\_

Are you a Travel Player?    Yes    No

Position:    Forward    Defense    Goalie

I do hereby acknowledge that skating is inherently a dangerous sport, physically demanding, and highly competitive. I hereby agree that Ice Arena of Florida Inc., Pines Ice Arena, and its servants, agents, and employees shall not be held liable for any and all injuries/losses resulting directly or indirectly and save Ice Arena of Florida Inc., Pines Ice Arena and its servants, officers, agents, and employees harmless from all costs and expenses that may result from any breach of agreement. All participants and guardian must sign and date this form. Please remember that payment must accompany this registration form.    No Refunds!!!

Participant's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Office Use Only**

Payment Method: CC/CS/CK# \_\_\_\_\_

Amount: \_\_\_\_\_ Receipt # \_\_\_\_\_

Date: \_\_\_\_\_ Initials: \_\_\_\_\_

Please make all checks payable to Pines Ice Arena  
Drop off registration and payment at Front Office