
THE HOCKEY SCHOOL



SUMMER DEVELOPMENT CAMP

2010

Girls Camp July 25-29

Boys Camp August 1-5

NORTHWEST SPORTS COMPLEX
301 WALNUT ST.
SPOONER, WI 54801

Northwest Sports Complex
301 Walnut Street • Spooner, WI 54801
1-715-635-6144 ext. 25
www.nwsportscomplex.com

THE HOCKEY SCHOOL

The Hockey School is a program designed to create an atmosphere where players of different skill levels can progress and develop.

All parts of the camp are held at the Northwest Sports Complex located in Spooner, Wisconsin. Not only do we have a state of the art ice arena, our 6,000 square foot fitness and plyo-metric center is one of the largest in Northern Wisconsin. Also within the complex are racquetball courts, indoor track, indoor shooting room and full catering and food service. We also have on-site dormitories.

Our mission is to create a fun, safe and positive atmosphere where players are encouraged to be creative. We help each player to reach beyond his or her comfort level, creating a faster, stronger, more confident individual. Not only do kids develop, they have fun doing it!

-The Hockey School Staff-



Pictured Above: Boys Group 1 with The Hockey School coaches in 2009

THE HOCKEY SCHOOL

Presented By: The Waterloo Black Hawks

MISSION

Our mission is to give players of all skill levels an opportunity to take the first step to the next level by creating a fun, positive, yet challenging environment. This will help develop individual skills, self confidence, and self-motivation.

PROGRAM HIGHLIGHTS

- 1 on 1 Instruction
- Flow and Timing
- Three On-Ice Sessions Daily
- Power Skating
- Shooting, Scoring, Offensive Concepts
- On-Ice Awareness
- Agility and Balance
- Overspeed Training
- Stick Handling
- Seminars
- Explosiveness
- Progress Evaluations

\$150.00 Deposit due with registration with balance due on or before June 1st. Registrations may be accepted after June 1st for full price, based on availability. Or register on-line at www.nwsportscomplex.com

Please return application to reserve your space for:

THE HOCKEY SCHOOL Presented By: The Waterloo Black Hawks

NAME _____ Guardian _____

Address _____

City _____ State _____ Zip _____

Phone (hm) _____ (wk) _____

Email _____

- Girls Session July 25th-29th
 Boys Session August 1st-5th

Boys (birth year) 95 96 97 98 99 00 01
Girls (age group) U19 U15 U12 U10

Jersey Size (circle one) Youth / Adult S M L XL

Camper \$415 Day Camper \$375

THE HOCKEY SCHOOL

MEET THE STAFF

Mike Testwuide

On-Ice Instructor/ Forward Coach



Mike, or better known to the campers as “Mikey,” has been with The Hockey School for 4 years. Mike’s hockey career began in the USHL where he played 2 seasons under P.K. O’Handley for the Waterloo Black Hawks. He captained the team in 2005-2006 and was selected to participate in the USHL All-Star Game. He was also chosen to represent Team USA under-18 at the IIHF Under 18 Championship.

After his tenure in Waterloo Mike earned a full athletic scholarship to Colorado College. As of December 21, 2009 Mike has played in 113 career games for CC amassing a total of 54 points. Currently he is the team “Captain” and is leading the Tigers in goals with 12. He is enjoying a successful senior season and will be looking to sign a NHL contract at the conclusion of the season. Mike has participated in NHL rookie camps for the past 2 summers for the Washington Capitals and Montreal Canadians.



Photo by Casey B. Bilbison

Mike’s offensive ability and hard-work mentality make him a great coach for The Hockey School. His fun personality makes him a camper favorite every year. Mike will specialize in off-ice dryland training, stick handling, power skating and classroom lectures. Mike’s interactive teaching methods will ensure each camper learns proper techniques and skills at the camp so each camper will be able to bring them home to improve their game.

Above: Mike scoring a breakaway goal against rival Denver University.

THE HOCKEY SCHOOL

DORMS AND RECREATION

ON LOCATION HOUSING

- Houses up to 80 campers
- Directly across the street from arena
- Secured



Recreational Activities

- River Trip
- Cookout
- Movie Theatre
- Go-Karts and Mini Golf



On site Catering

- All meals are served on site
- Professionally catered



THE HOCKEY SCHOOL

OUR FACILITIES

The *Northwest Sports Complex* is nestled in the heart of beautiful Spooner, Wisconsin. Our complex is home to Jersey's Sports Bar & Grill, with a full banquet and catering service. We boast a 6000 square foot fitness and plyo-metric center, an indoor track and indoor ice arena, as well as racquetball and wallyball courts. All this within walking distance of our local antique shops and various stores.



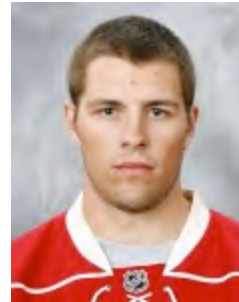
Pictured above: Northwest Sports Complex Ice Arena, Weight Room and Banquet Hall.

THE HOCKEY SCHOOL

MEET THE STAFF

J.P. Testwuide

Director of Player Development



J.P. has been with The Hockey School for 6 years. He has been fortunate enough to play under many great coaches at the junior, college, and professional level and has been able to excel on the ice. Currently J.P. is in his first full professional season playing for the Minnesota Wild's top American Hockey League affiliate team, the Houston Aeros.



Above J.P. scoring his first professional goal against the Manitoba Moose.

Wherever J.P. has been along his career he seems to make an impact. He won a Tier 1 National Championship in 2004 with the Waterloo Black Hawks, and following his championship season he captained the Black Hawks to another great season. During his time in Waterloo he earned a scholarship to the University of Denver, and during his time at DU, J.P. played a total of 141 games. He was the first Colorado native to be named "Captain" of the team and he was also named WCHA Student Athlete of the Year in 2009.

J.P. brings a simple formula of on-ice and off-ice skill development, and his program of high repetition and detailed instruction makes him perfect for novice and elite players. He brings a wealth of knowledge to the camp through his professional team trainers and coaches. His personal hungers to become an NHL hockey player make him a perfect example and role model for the campers. His hands-on training methods will ensure that proper technique and methods will be used. He specializes in power skating, off-ice training, and classroom instruction. He brings a hard working mentality to camp and will strive to make each kid's experience a memorable one.

THE HOCKEY SCHOOL MEET THE STAFF



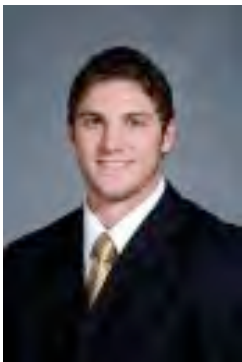
Nik Van Vonderen Head Counselor / On and Off Ice Instructor

Nik has been with The Hockey School for 3 years as a coach and participated as a camper for 5 years.

Nik is currently playing college hockey for the Bethel Royals of the MIAC hockey league. Nik was a Wisconsin All-State First

Team selection. He garnered the honor by leading the State in scoring. Nik has also played on various AAA hockey programs including the Madison Capitals and Shattucks Saint Mary's.

Nik's kind and generous personality make him the perfect counselor for the kids to feel comfortable around. He is very approachable and handles every unique situation with the utmost respect.



Brett Olson On and Off Ice Instructor

Brett has been with The Hockey School for 4 years as an instructor. He brings a wealth of knowledge to the camp due to his playing experience and hockey knowledge.

Brett is currently in his sophomore campaign at Michigan Tech University. He currently leads his team in scoring and is

an assistant captain. In Brett's freshman year, he was second on the team in scoring and was a WCHA all-rookie team selection. Before going to Michigan Tech, Brett played 3 seasons for the Waterloo Black Hawks where he had a total of 90 points. He also served as team captain in his final season.

Brett brings a no-nonsense attitude with him when he coaches so each camper can get the most out of their experience.



Pictured to the right: Brett in action vs Colorado College.

THE HOCKEY SCHOOL ON-ICE DEVELOPMENT

On ice development is a huge part of The Hockey School and we have a very specific plan for each player's development. We begin each morning session with power skating, pivoting and edge work. For the rest of the sessions for each day we work on a specific skill whether it be shooting, passing or stick handling.

Additional On Ice Concepts

- Checking/Angling
- Personal Skills
- Hockey Sense and Game Knowledge
- Game Details and Secrets of the Pros
- Increased Vision, Explosiveness and Speed



Pictured above: Hockey School campers working on on-ice resistance training. Pictured to the right: on ice activity.



THE HOCKEY SCHOOL

OFF-ICE TRAINING

The Hockey School designs its dry-land training so each player can take their new “tools” home and work on them in their basement or driveway. We focus on stability, technique, core strength and speed.

Dry Land Concepts

- Heightened awareness and education
- Increased core stability and balance
- Proper technique and training concepts based on individual needs
- Personal attention and program development
- An educated approach to prevent injury and increase performance
- Strength, Speed and Agility training



Pictured are Hockey School Campers doing various dry-land training activities. The camp includes two one-hour dryland sessions per day along with one off-ice skill session per day.



THE HOCKEY SCHOOL

MEET THE STAFF



Aaron Johnson

Co-Director / Camp Coordinator

Aaron has been with The Hockey School since its was founded in the summer of 2002. He began as the head counselor and goaltending coach and has continued to work with the goaltenders and players alike. He has helped with the Waterloo Black Hawks hockey camps and try-out camps, the Wisconsin Mustangs try-out camps, he served as a goaltending consultant for the Eau Claire Mustangs Youth Organization, was an instructor for Bill Howard goalie School, and has instructed for several Team Wisconsin and WAHA player development camps.

Aaron’s hockey career began as a goaltender for the Waterloo Black Hawks where he and current Hockey School instructor J.P. Testwuide, won a National Championship together. After playing 2 seasons for the Black Hawks, Aaron began his collegiate career at the University of Wisconsin Eau Claire in the Fall of 2006. He played there until his recent graduation in the Fall of 2009.

Aaron brings a vast knowledge of the game to the camps. He has been able to work with many world-renowned instructors and carries a very detailed plan to each camp. Being with The Hockey School and starting from the bottom up, Aaron has been able to develop a fun atmosphere that promotes skill development, fosters a safe environment, and will be sure to make every child have a memorable experience while at the camp.

P.K. O’Handley

Founder / Director



P.K. has been a mentor to The Hockey School since its inception. He is one of the most respected junior hockey coaches in the United States. Under P.K.’s direction the staff at The Hockey School has been able to formulate a very unique camp that focuses on player development.

He has coached at all levels, and understands what direction and skills hockey players need at each step of development in order to achieve maximum success.