

2012

REGISTRATION

Player's Name _____

Address _____

City _____ St. _____ Zip _____

Phone (hm) _____ (wk) _____

Guardian _____

Email _____

Boys Session July 15th-19th

Boys (birth yr.) 97 98 99 00 01 02 03

Jersey Size (circle one)

YOUTH S M LG XL

ADULT S M LG XL

Position F D G

Camper \$415 Day Camper \$375

\$150.00 Deposit due with registration with balance due on or before June 1st. Registration may be accepted after June 1st for full price, based on availability. No refunds within 30 days.

CC# _____ Exp. ____/____

Make checks payable to:

Northwest Sports Complex

301 Walnut Street Spooner, WI 54801

For camp packet and information visit our website at:

www.nwsportscomplex.com

NORTHWEST SPORTS COMPLEX
301 WALNUT ST.
SPOONER, WI 54801

THE HOCKEY SCHOOL



BOYS
JULY 15TH-19TH

2012

1-715-635-6144

ext. 25

301 Walnut Street

Spooner, WI 54801

www.nwsportscomplex.com



THE HOCKEY SCHOOL

THE HOCKEY SCHOOL

Located at the Northwest Sports Complex in Spooner, WI. Players will be given a big time program with small town hospitality.

MISSION

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 (Daily)
- ◆ Shooting, Scoring, Offensive Concepts
- ◆ On-Ice Awareness
- ◆ Agility and Balance
- ◆ Overspeed Training
- ◆ Stick Handling
- ◆ Seminars
- ◆ Explosiveness
- ◆ Progress Evaluations
- ◆ Offensive/Defensive Concepts

Typical Group Schedule

8:30 AM	Breakfast
9:00 AM	Power Skating
9:45 AM	Classroom
10:45 AM	On-Ice Session
12:00 PM	Lunch
12:45 PM	Off-Ice Skills
2:00 PM	On-Ice Session
3:30 PM	Dryland/Plyometrics
5:00 PM	Dinner
6:00 PM	Activity
10:00 PM	Lights Out

EQUIPMENT & BELONGINGS

Players must provide all necessary protective equipment, skates, sticks and under garments during ice sessions. Players will be provided with a Hockey School jersey for participation. All players should bring swim trunks, work out apparel, athletic shoes, towels, toiletries and all bedding.

OFF-ICE TRAINING

- ◆ Plyometrics
- ◆ Fitness Center
- ◆ Indoor Track
- ◆ Shooting Course
- ◆ Resistance Training
- ◆ Quickness Drills

OUR COMMITMENT

The Hockey School is dedicated to helping players further their development skills on and off the ice. We are confident that each player will improve their game and knowledge of the game once they complete our camp.

STAFF

P.K. O'Handley- Waterloo Black Hawks Head Coach (Founder)

Rod Aldoff- Wisconsin Wilderness Head Coach (Director)

J.P Testwuide- Defenseman Chicago Wolves AHL (Head of Player Development)

Mike Testwuide- RW Adirondack Phantoms AHL (On/Office Coach)

Andrew Anderson- Wisconsin Wilderness 2010-12 Captain 2011-12 season (On/Off Ice Coach)

Tanner Milliron- Wisconsin Wilderness Goalie (On/Off Ice Coach)



REGISTER ONLINE:

www.nwsportscomplex.com