

## CENTRE FOR HOCKEY PERFORMANCE

### COACHING STAFF

**Pat Ferschweiler**– 8 years of professional hockey experience, 20 years of hockey school experience. Pat has put Kansas City hockey on the map. Coaching his Tier II Midget team in 2004 to the Silver Sticks Championship and then leading them to 3<sup>rd</sup> in Nationals. In 2006-2007 his Tier I Midget team also finished 3<sup>rd</sup> at Nationals. Pat coaches the nationally ranked Russell Stover AAA Midgets.

**Mike Aikens**– played in the USHL and received a full scholarship to Denver University, Mike has been coaching Jr A hockey for the last 12 years in the NAHL, BCHL, and the USHL

**Don Burns**– a Kansas City native who is now in his 6th summer as a member of our staff. Don is a full time coach with the Russell Stover Tier I Midget program

**Jared Brown**-currently plays Division I college hockey at Northern Michigan University. Jared played for the Lincoln Stars of the USHL before committing to Northern

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### CHP'S Liability Release Waiver

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By having registered the person on the registration form in the program, I as a parent or guardian of the participant agree to allow the individual named herein to participate in the aforementioned activity (s), and I further agree to indemnify, and hold Centre for Hockey Performance, LLC, and all employees, instructors, volunteers and agents harmless from and against any and all liability for any personal injury, damage or loss of property by the aforementioned individual (s) arising out of, or in connection with, his / her participating in this activity.

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Parent / Guardian Signature & Date

## CENTRE FOR HOCKEY PERFORMANCE

### SUMMER HOCKEY CAMPS

#### CHP

campers are designed and taught by professional hockey players for the hockey player interested in improving his or her total game.

#### CHP's

unique approach is not only to teach the skills necessary to improve the player but also the speed at which the player executes these skills. Hockey is a fast paced game and gaining the skills is just a part of the entire equation. The real improvement comes when the player gains confidence and executes these skills while playing at full speed.

In each **CHP** camp emphasis is placed on learning the skills and then executing the skills in game type situations. Additional emphasis is placed on pushing the player past his or her "playing comfort zone".

Each camp day has a scrimmage session aimed at allowing the player to employ the skills learned in a "real life" environment. Let the:

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*"take your game to the next level."*



[www.thechp.com](http://www.thechp.com)

## CENTRE FOR HOCKEY PERFORMANCE

# CHP

**SKILL DEVELOPMENT  
AND  
ATHLETIC TRAINING**

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# Elite

## Summer 2010 Schedule

Camp 1 Elite Pepsi Ice Midwest July 19-23  
Camp 2 Elite Pepsi Ice Midwest July 26-30  
Bonus Camp Pepsi Ice Midwest July 26-30  
Camp 3 Elite Pepsi Ice Midwest Aug 2-6

**Camps fill quickly. Camps are limited to 25 players per camp.**

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### TIMES

<u>LEVEL</u>	<u>ON ICE</u>	<u>DRYLAND</u>
Midget	8:45a-10:00a	10:15a-11:30a
Bantam/ Peewee	10:15a-11:30a	11:45a-1:00a
Squirt/ Mite	11:45a-1:00p	1:15p-2:30p
Bonus Camp	3:00-04:00 pm	

## **CENTRE FOR HOCKEY PERFORMANCE**

**Elite** is a aggressive training program for the competitive player. **Elite** involves on and off ice pro style training aimed at teaching its participants the discipline and dedication necessary to take their game to the next level. Each **Elite** day consists of one competitive on ice session and one intense off ice training session.

### **ELITE - ON ICE**

The combination of skill instruction and the opportunity to compete daily against other top players and raise your "Level of Play".

- Pro Style Training and Drills
- Checking
- Power Skating
- Break-outs
- Stickhandling
- Overspeed Training
- Scoring/Shooting Stations
- 1v1, 2v1, 3v2 situations
- End of Camp Player Evaluations

### **FORWARD SPECIFIC INSTRUCTION**

- Attack Zone Triangle
- Body Checking
- Puck Protection
- Cycling
- Shooting Angles

### **DEFENSE SPECIFIC INSTRUCTION**

- Angling
- Gap Control
- Backwards Skating, Agility Drills
- Communication with your defensive partner
- Keeping the puck in the Offensive Zone
- Offensive and Defensive zone positioning
- 1v1 and 2v1 situations
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### **BONUS CAMP**

This Bonus camps is a one week camp coupled with an Elite camp. The purpose is to provide a more in-depth individualized camp. The afternoon bonus camp will include an additional hour of ice time with instruction aimed at improving individual skills.

The camp is limited to the first 30 players registered. The camp will run from 03:00-04:00 PM during the second week of Elite Sessions. The camps will include five intense instructional days and focus in particular on the following skills:

**Bonus Camp -Skills--this camp will work exclusively on puck skills. Passing, stickhandling, shooting, and creativity**

## **CENTRE FOR HOCKEY PERFORMANCE**

### **Off Ice Training**

**PLYOMETRICS-** a series of jumping and bounding exercises that improve explosiveness and balance.

**OVERSPEED TRAINING-** a series of sprinting and quickness drills designed to increase foot speed.

**STRENGTH TRAINING--Speed/ Power/ Agility/ Core**

**ATHLETIC and SKILL PROGRESSION-- a proven series of athletic movements that done in progression and over time improve movement and athletic form. Form that will make our hockey players better athletes.**

**Schedules and Sign Up available soon at [thechp.com](http://thechp.com)**

The CHP reserves the right to combine groups based on sign up.

**\$200 Elite/ Week  
\$125 Bonus Camp**



### **REGISTRATION FORM (Sign Waiver on reverse side)**

#### **Player Information**

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

**DOB:** \_\_\_\_\_ **Level: SQ PW BAN MIG**

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Parents:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

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

- Camp 1 Elite July 19-23 \$200
- Camp 2 Elite July 26-30 \$200
- Bonus Skills July 26-30 \$125
- Camp 3 Elite Aug 2-6 \$200
- ALL 3 Elite Camps \$550 (Save \$50)

#### **Payment Information**

Card  Charge  Check

Amt Enclosed: \$ \_\_\_\_\_

Credit Card: ( Visa, MasterCard, Discover )

Card Number \_\_\_\_\_ Exp \_\_\_\_\_

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

Make checks payable to:

**CENTRE FOR HOCKEY PERFORMANCE**

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