

Dear Hockey Parents,

Our primary goal for this camp is to increase the performance level of each hockey player by incorporating both on- and off-rink training. On-rink training will focus on the four major components of hockey: skating, passing, stick-handling and shooting. We will place special emphasis on overspeed skating. This will be done through drills that force the skater to pass, shoot and skate beyond their comfort zone. By doing so, the skater will incorporate a higher level of play.

OVER-SPEED

drills run at uncomfortable speeds to raise the comfort zone of players.

Combined with on-rink training, the use of the patented Russian Box will enhance skaters' stride length, stride frequency, proper skating mechanics and power in a raised comfort level. Along with the Russian Box, we will further enhance the players' agility, balance and coordination through the use of plyometrics. Our specifically designed hockey performance training will be used for shooting and stick-handling on and off the rink.

Our goalie-specific program will consist of skills and proper techniques instructed on-rink by our qualified instructors. Goalies will be working on hand-eye coordination, quickness and skating stride, and strength during off-rink training at OnPoint Athletics™ Hockey Camp & Performance Training.

By participating in this camp, each hockey player will become more confident in his or her ability to step up to the next level.

This is our commitment.

Powered by



Colorado High School
Inline Hockey League

www.chsihl.com

OnPointAthletics™

PERFORMANCE TRAINING

OPA Series I (Ages 10 & Under)

In this second stage, athletes have discovered the importance of developing neuromuscular patterns. Athletic fundamentals begin to be developed and directed towards athletic skill application in the OnPoint Athletics™ Performance Training Series program. This program focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. This repeated rehearsal leads to permanent and positive athletic change.

The inclusion of formal OnPoint Athletics™ Strength and Power training during the 60 minute sessions provides benefits in two ways. First, proper movement techniques with increased force production lead to maximized potential. Secondly, as athletes naturally increase in height, weight, strength and aggressiveness, the need for improved joint integrity is vital for reducing the chance of injury.

OPA Summer Camp Series (Ages 10 through 14)

Most athletes in this age group have developed neuromuscular patterns and the fundamental skills of speed, agility, and power.



For OnPoint Athletics™ Summer Camp Series athletes, technique is fine-tuned, and the final pieces to build the total athlete are provided. In essence, each athlete is optimized according to their biggest areas of improvement. During the 60 minute OnPoint Athletics™ sessions, training begins to resemble sporting demands. OnPoint Athletics™ programs focus on repeated application of learned athleticism to create mastery. The OnPoint Athletics™ program provides endless combinations of athletic skill training so competing in the game is effortless. In addition, focus on Strength and Power increases with moderate and heavy loads to optimize power output.

The Russian Box used by many NHL players as well as the Olympic programs.



Weekly Training Areas Of Focus

OnPoint Athletics™ Performance Training

- Over-Speed Training
- Passing, shooting and skating drills
- On-rink scrimmage
- Enhance skaters' stride length and stride frequency
- Build proper skating mechanics and power
- Improve skaters' agility, balance and coordination
- Strengthen shots
- Improve hand speed for stick-handling

Athleticism and Mechanics

- Enhance skaters' stride length and stride frequency
- Build proper skating mechanics and power
- Improve skaters' agility, balance and coordination
- Strengthen shots
- Improve hand speed for stick-handling

Goalie-Specific Training

- Skills and proper techniques instruction on-rink
- Hand-eye coordination
- Quickness
- Skating stride
- Strength during off-rink training

Big Value

Up to (20-60) twenty to Sixty Total Training Hours at OnPoint Athletics™ Performance Training Camp. Become more confident in your ability to step up to the next level!

OnPoint Athletics™ Hockey Camp REGISTRATION

Player's Name _____

Parents' Name _____

Address _____

City/State/Zip _____

DOB – Month/Day/Year _____

Age _____

Home Phone _____

Work Phone _____

E-mail Address _____

Medical information, waiver and release form on reverse side. This sheet must be completed before applicant will be accepted.

Camp Fees

- 1 Camp Purchase - \$90
- 2 Camp Purchases - \$160
- 3 Camp Purchases - \$250 - BEST VALUE

Please check one: @ Parker Fieldhouse, Parker, CO

_____ Session I (June 22-26 & July 6-10, 2009)

_____ Session II (July 13-17 to July 20-24, 2009)

_____ Session III (August 3-7 to August 10-14, 2009)

Checks payable to:

ASIHC / OnPoint Athletics
P O Box 462084
Aurora, CO 80046

Reserve your spot today!

Limited to 50 per group session on a first come, first serve basis. For more information and availability, please call us at 720.257.3813 or

Visit www.chsihl.com