



**3.5hrs
of ice
daily**



Jourdan Ozga
Head Instructor
Aspen Ice
Summer Hockey Programs
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All Camps are held at Aspen Ice
16 Aspen Drive, Randolph, NJ 07869
www.Aspen-Ice.com



Aspen Ice Summer Hockey Camps

**Bring
your own
lunch or
purchase
a weekly
lunch pass
for \$35**



Shooter's Edge Camp (stickhandling, shooting, dekes)

Aug. 9th thru Aug. 13th

Before you can become a better player you need to work on individual skills that the sport requires. If you're looking to step your game up to the next level, then this program is for you.

Camp Features

- Stickhandling • Develop soft & quick hands
- Puck control • Passing & Receiving • Forehand & backhand • Accuracy & power passes
- Improve your team skills • Shooting & Scoring • Learn proper shooting techniques • Work on accuracy & power shots • Shooting on the move.

Squirt/Peewee/Bantam/Midget

Camp Fee \$325

9:30 to 10:30am on ice workout

Ice cut

10:45 to 11:45am on ice workout

lunch break to 1:00pm

1:15 to 2:15pm on ice workout

2:15 to 2:45pm scrimmage

Defensive Skills & Checking Camp

Aug. 16th thru Aug. 20th

Checking is a very important hockey skill, however, most players lack the correct technique and execution in game situations. This camp teaches you the correct techniques of giving and receiving checks. Learn how to protect the puck in all zones.

Camp Features

- Winning the corner battles & along the boards
- Closing the gap & angling the opposition
- Impact hits/taking a hit
- Body checks, hip checks, shoulder checks & hook/poke checks
- Forechecking/backchecking
- When & how not to use the body

Peewee/Bantam/Midget

Camp Fee \$325

9:30 to 10:30am on ice workout

Ice cut

10:45 to 11:45am on ice workout

lunch break to 1:00pm

1:15 to 2:15pm on ice workout

2:15 to 2:45pm scrimmage

Power Skating & Puck Control Camp

Aug. 2nd thru Aug. 6th

Aug. 23rd thru Aug. 27th

Train for quickness, agility and coordination. Skating, in itself, is not the best way to improve skating quickness and acceleration. You should train at uncomfortably fast speeds to get out of the "comfort zone" & into that 100% effort the coaches are looking for.

Camp Features

- High intensity drills • Longer, stronger strides • Faster more explosive starts • Fast cornering • Quick foot work • Specific drills for power and acceleration • Improved balance and agility • Short burst of all out speed

Mite/Sqt/PW/Bantam/Midget

Camp Fee \$325

9:30 to 10:30am on ice workout

Ice cut

10:45 to 11:45am on ice workout

lunch break to 1:00pm

1:15 to 2:15pm on ice workout

2:15 to 2:45pm scrimmage

Aspen Ice Summer Hockey Camps

Player's Name _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ DOB _____ Current team _____

- Power Skating & Puck Control Camp I ^{\$325} Aug. 2nd thru Aug. 6th
- Shooter's Edge Camp (stickhandling, shooting, dekes) ^{\$325} Aug. 9th thru Aug. 13th
- Defensive Skills & Checking Camp ^{\$325} Aug. 16th thru Aug. 20th
- Power Skating & Puck Control Camp II ^{\$325} Aug. 23rd thru Aug. 27th
- Weekly Lunch Pass ^{\$35}

Please make checks payable to Aspen Ice and mail to



Aspen Ice
16 Aspen Drive, Randolph, NJ 07869

For your financial security, we no longer accept credit card information on the application over the phone or thru fax.

Please present your credit card payment at the rink.

We do not accept American Express & Discover Cards

Because we reserve and hold a place in this clinic for each participant, there are NO REFUNDS or makeup's for this program.

Having full knowledge and understanding of the nature of the activity and the hazards involved, I hereby certify that I have personal Medical Insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless Aspen Ice, its insurers, the management, staff employees, officers, board of directors, and any of its associates from any claim related thereto.

Parent/Guardian _____ Date _____