

# **Hockey Development Camp**

**June 25—29, 2007**

**Metro Ice Arena**

*Come join Captain Marty Wilford, Chris Conner, Dan Ellis, and Paul Jerrard along with other Stars players and staff for a learning experience like no other.*

## **Fundamental Program**

*An instructional program for kids looking to improve their overall skills. AGES 7-12.*

Program Features: 17.5 hours of ice Monday through Friday, 3.5 hours of ice daily

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### *Time Breakdown:*

1:45 Morning: Power skating, passing and puck control

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1:45 Afternoon: Passing, team play, learning how to play positions and scrimmage. Individual video tape on skating and shooting. Specialized goalie instruction with video analysis. 1 hour learning how to off-ice train. 1 hour afternoon recreation, 1 daily lecture, free lunch provided. Hockey School Jersey provided

## **Elite Program**

*An advanced program for kids with great skills. AGES 10-15.*

Program Features: 25 hours of ice Monday through Friday, 5 hours of ice daily

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### *Time Breakdown:*

Morning 2 hours: 45 minutes Power skating and parachute training, 1 hour passing, advanced training puck control and checking

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1 hour early afternoon: Shooting, and advanced scoring techniques

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2 hours late afternoon: 1 hour team plays, practicing like pro's, Team play includes transition plays, cycling the puck, defense jumping in, reading plays, special teams and five different breakouts. 1 hour (stats kept) game with referees and stars players coaching.

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### *Other Features:*

- Individual videotape analysis on skating, shooting, and puck control.
- Skills Competition
- Specialized goalie instruction with video analysis.
- 1 hour off-ice training featuring leg strengthening program including plyo-metrics and working on core strength.
- 1 hour daily recreation.
- 1 daily lecture, free lunch provided.
- Hockey School Jersey provided.

## **Adult Program**

*A challenging program for adults looking to improve their game.*

2 hours nightly from 5pm-7pm.

· Stretch and warm-up like Iowa Stars 1/2 hour before ice time.

· 2 hours include:

- 1/2 hour advanced power skating with pucks. Lots of pivoting, turns going forwards to backwards and backwards to forwards.
- 1/2 hour advanced passing and fundamentals
- 1/2 hour team play, stick checking, and analyzing program.
- 1/2 hour controlled scrimmage with stars players participating.
- Hockey School Jersey provided.
- Video Analysis on each player.

\* Each group is limited to 30 skaters and 2 goalies (2 teams). Two instructors every night and goalie instructor.

***Spots will be reserved on First Come, First Served basis.***

For more information email us at: [starscamp@fiveholeputters.com](mailto:starscamp@fiveholeputters.com)

**Stars Development Camp Registration**  
**June 25th –June 29th**  
**Metro Ice Arena**

<b>Groups:</b>	<b>Estimated daily times</b>	<b>Price</b>
Fundamental (7-12)	9:45 am - 4:30pm daily	\$365.00
Elite (10-15)	9:00am - 5:30pm daily	\$475.00
Adult (16 & up)	6:00-8:00 pm daily daily	\$220.00

\*\* \$150 Non-Refundable Deposit is due with the registration form to hold the spot. Remaining balance is due by May 15, 2007. \*\*

Registrations may be turned in the following ways:

Phone: 757-621-1922 or 850-324-3992

Fax: 515-508-0888

Mail: 2318 E. Meadow Lane, Des Moines, IA 50320

*Spots will not be held until the deposit is received.*

We will contact everyone via email/telephone to confirm your registration. A newsletter with itinerary and camp details will be mailed to you by June 15th.

**Group:**       Fundamental                       Elite                       Adult

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

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

**Home Phone:** \_\_\_\_\_                      **Cell Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Age:** \_\_\_\_\_                      **Yrs Experience:** \_\_\_\_\_

**Jersey Size:**               Youth                       Adult

S      M      L      XL      XXL

**Position:** \_\_\_\_\_                      **Current Level:** \_\_\_\_\_

**Method of Payment:** Cash      Check      Discover      Mastercard      Visa

Deposit Only (If paying deposit only, remainder balance will be charged on May 15, 2007.)

Full Amount

**Credit Card Number:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_