



## HP High School Hockey League Junior Varsity Summer Skills Series 2010

The HP High School Hockey League and Sharks Ice are proud to present its Summer Skills Series for 2010. This series of practices will be geared towards Junior Varsity level players and are open to anyone entering 9<sup>th</sup> through 12<sup>th</sup> grade.

Sessions will be fast paced in tempo, with group/station drills to maintain a proper work to rest ratio. Emphasis will be on individual skill development (skating, passing, shooting, puck handling.) In addition to drills, small area games will be included at the end of each practice to promote quick thinking, rapid skill development, as well as create a positive learning environment.

Schedule is as follows:

Day	Date	Time	Rink
Wednesday	6/30/2010	6:45 – 8:00pm	East
Wednesday	7/7/2010	7:00 – 8:15pm	East
Tuesday	7/13/2010	6:00 – 7:15pm	East
Wednesday	7/21/2010	6:45 – 8:00pm	South
Wednesday	7/28/2010	5:30 – 6:45pm	South
Wednesday	8/4/2010	6:45 – 8:00pm	East
Wednesday	8/11/2010	6:45 – 8:00pm	East
Wednesday	8/18/2010	6:45 – 8:00pm	East
Wednesday	8/25/2010	6:45 – 8:00pm	East

Space is limited to 30 skaters and 4 goalies per session. Each practice is 75 minutes in length. There are two pricing options; the complete series is \$120 dollars for all nine sessions or you can participate on a drop-in basis for \$15 dollars per session (space permitting.)

All skaters must have a Sharks Ice waiver on file. If the participant played in the HP High School Junior Varsity and/or S.A.T. Leagues this past season, waiver is not needed. Please be reminded that space is limited so it is first sign up, first serve. Registration is available online at High School Hockey section of [www.sharksiceatsanjose.com](http://www.sharksiceatsanjose.com) or in person at Sharks Ice at San Jose.

If you have any more questions, please contact Matt Adams at [madams@sharksice.com](mailto:madams@sharksice.com) or (408) 999-6741.

### **Sharks Ice at San Jose**

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