



HP High School Hockey League 2010 Junior Varsity Training Camp

Want to get the legs back in shape? Need to shake the rust off the skates? Want to get ready for the upcoming season? Then we've got just what you need. Sharks Ice at San Jose is hosting the 2010 Junior Varsity Training Camp. This five week long program will consist of two ice sessions and two off-ice sessions per week.

The on-ice emphasis will be on individual skills (shooting, passing, skating, puck handling) and situational play (1v1, 2v1, 3v2.) Majority of drills will use the full length of the ice so that players can get accustomed to game-like situations. Small area games and occasional station drills will be used to promote quick decision making and accelerated skill progression.

In addition to the on-ice sessions, the Junior Varsity Training Camp will include an off-ice element to further the players' development. The dry-land sessions, each one hour in length, will take place in the Sharks Ice Fitness Center and/or the SJSU track across the street. Instruction will be supervised by Jay Thomas, Strength and Conditioning Coach for the San Jose Jr. Sharks. Jay has a bachelors' degree in Kinesiology from SJSU and is certified by the National Academy of Sports Medicine. He will run a wide range of agility drills, power training, and conditioning exercises that will improve the players' quickness, core strength, and stamina. Attending the dry-land sessions will also help decrease the likelihood of injuries during the season.

Schedule is as follows:

Week	Date	Ice & Rink	Dry-land	Date	Ice & Rink	Dry-land
1	Mon, 9/13	4:00-5:15pm, South	5:30-6:30pm	Wed, 9/15	4:00-5:15pm, South	5:30-6:30pm
2	Mon, 9/20	5:00-6:00pm, North	3:45-4:45pm	Wed, 9/22	4:00-5:15pm, South	5:30-6:30pm
3	Mon, 9/27	5:00-6:00pm, North	3:45-4:45pm	Thurs, 9/30	3:45-5:00pm, South	5:15-6:15pm
4	Mon, 10/4	4:00-5:15pm, South	5:30-6:30pm	Thurs, 10/7	3:45-5:00pm, South	5:15-6:15pm
5	Wed, 10/13	4:00-5:15pm, South	5:30-6:30pm	Thurs, 10/14	3:45-5:00pm, South	5:15-6:15pm

Cost for the complete camp is \$199 dollars. You can sign up at www.sharksiceatsanjose.com, under the High School Hockey section. Registration is taken on a first come, first serve basis. A limited number of drop-in spaces will be allowed per session, space permitting. Drop-in fee is \$25 dollars which includes ice and dry-land.

For questions regarding the dry-land training, please contact Jay Thomas at jthomas@sharksice.com. For all other inquiries, please contact Matt Adams, at madams@sharksice.com or 408.999.6760

Sharks Ice at San Jose

1500 S. Tenth Street, San Jose, CA 95112 (408) 279-6000 (408) 279-5500 Fax