



Hockey Academy

Philosophy

The goal of the Sharks Hockey Academy is to develop each individual and help prepare them to move on to the next level of hockey. This will be done by a strenuous 5 week program where players will be measured on and off the ice. Off-ice training will include an experienced strength and conditioning coach putting the players through a hockey specific regimen. On the ice the players will have individual skill development along with an opportunity to apply their training in small games and scrimmages.

Dates: April 16th – May 16th every Monday & Wednesday

Ages: Squirt – 2002 & 2003 (limited to 36 skaters, 4 goalies)
Pee Wee – 2000 & 2001 (limited to 36 skaters, 4 goalies)
Bantam – 1998 & 1999 (limited to 36 skaters, 4 goalies)
Midget – 1994-1997 (limited to 36 skaters, 4 goalies)

Costs: Squirt & Pee wee: \$245.00 after March 15th
\$215.00 before March 15th

Bantam & Midget \$270.00 after March 15th
\$240.00 before March 15th

Time: Ice:	Squirt 5:15-6:15PM	Off ice training: 7:00-8:00PM
	Pee wee 6:30-7:30PM	5:00-6:00PM
	Bantam 7:45-9:00PM	6:00-7:00PM
	Midgets 9:15-10:30PM	8:00-9:00PM

Coaches

Tony Zasowski: Tony is the current Jr. Sharks, President, goaltending coach, and 18 AAA Head Coach. Tony's hockey background includes playing goal at the University of Notre Dame along with coaching in the USHL, NAHL, and ECHL.

Curtis Brown former NHL player (San Jose, Chicago and Buffalo) and Head coach of the Jr. Sharks Bantam AAA.

Power Skating Coach: Cathy Andrade: Cathy is currently the Jr. Sharks Power Skating Coach along with being the owner and Head Instructor of Power Hour Skating School.

Strength and Conditioning Coach: Jay Thomas: Jay works for the Jr. Sharks as the head strength coach.

Coaching: Mike Janda, former NAHL, USHL and Rochester NCAA Division 1 player.

To **Register Online** go to www.Sharksiceatsanjose.com or call the Sharks Ice Hockey Department Robert Savoie (408)999-6754.