



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 8 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: March 29th – May 20th every Monday, Tuesday, & Thursday

Schedule: Players will get their schedule at sign in on the first day.

Ages: Pee Wee – 1998 & 1999 (limited to 36 skaters, 6 goalies)
Bantam – 1996 & 1997 (limited to 36 skaters, 6 goalies)
Midget – 1992-1995 (limited to 72 skaters, 12 goalies)

Costs: \$575.00 after February 28th
\$495.00 before February 28th

Format: Off-ice: Strength and conditioning 1 hour 3 days a week

On-ice: 45 minutes of development each day and 30 minutes of scrimmage and small games.

Monday- Power Skating / Goalie development

Tuesday-Skill Development

Thursday- Individual & Team Tactics

Coaches

Director: Tony Zasowski: Tony is the current Jr. Sharks, Director, 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.

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 Richardson: Mike works as an Assistant Coach with San Jose State along with being the assistant to the San Jose Sharks Video Coordinator.

To **Register Online** go to www.Sharksiceatsanjose.com or call the Sharks Ice Hockey Department.

Robert Savoie (408)999-6754 or Zac Lytle (408)999-6760